This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

+ *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.

+ *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.

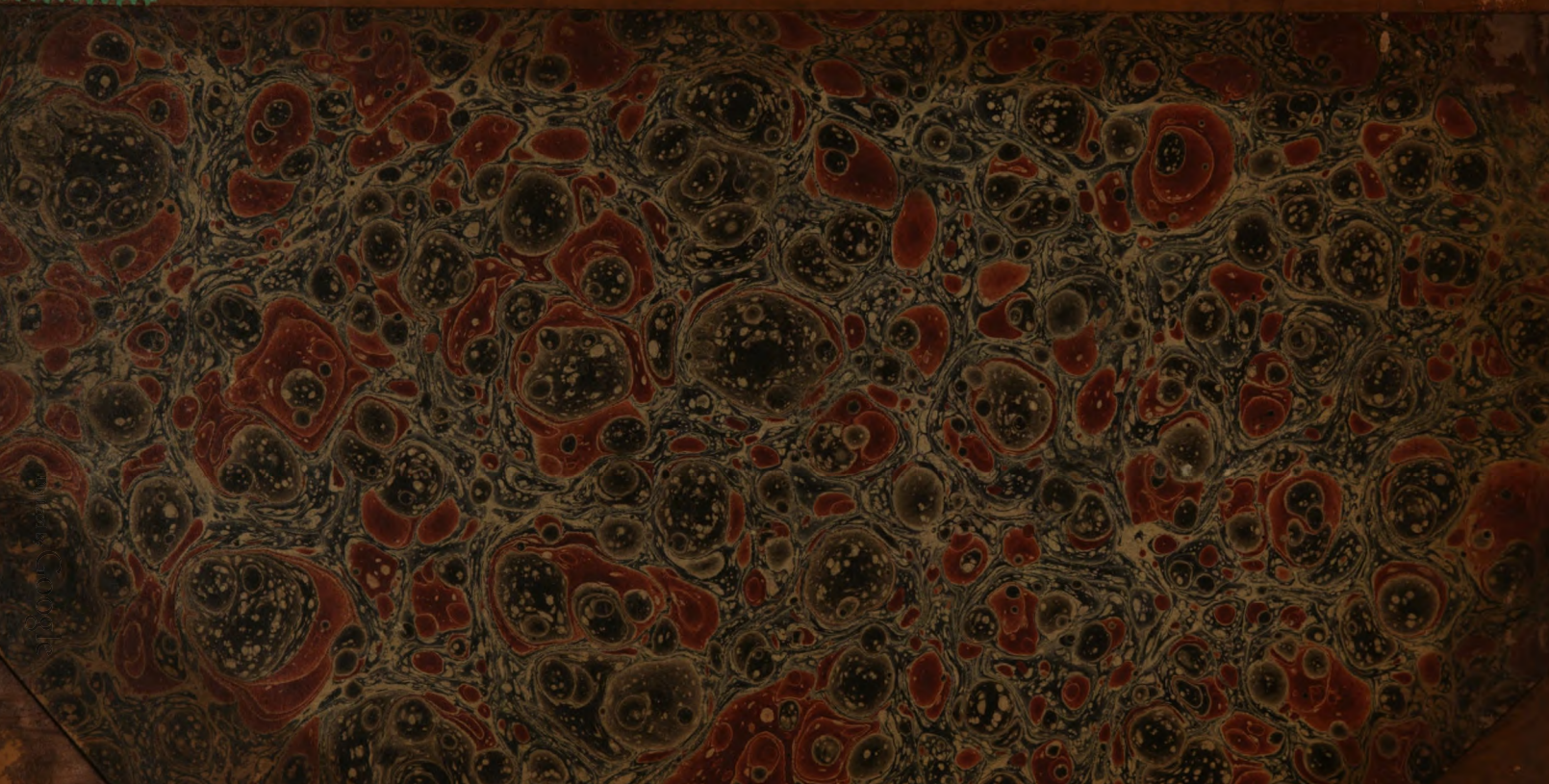
+ *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.

+ *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

About Google Book Search

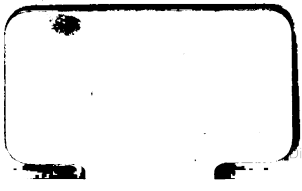
Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at `http://books.google.com/`

G. A.
Gen. Top.
8°. 1768



bought from Elkin Mathews 158/393

G.A. Gen. top. 8° 1768



Digitized by Google

Digitized by Google

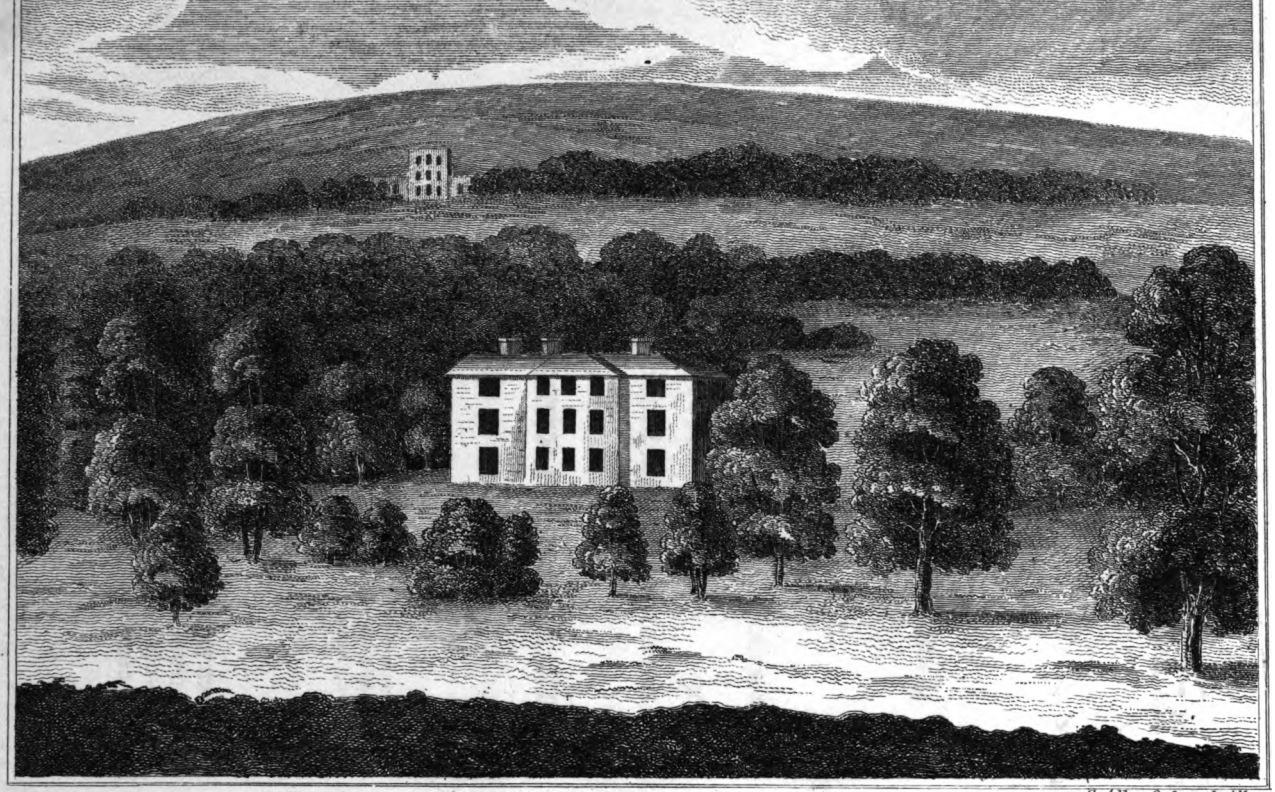
Digitized by Google

Digitized by Google

Digitized by Google

To Surgeon Collis
with the Author's
best respects.

Digitized by Google



G Allen. 3. Smock Alley.

An Eastern View of Clogrennan the seat of Colonel Rochfort in the vicinity of Carlow.

(Engraved for Haydn's Medical Mentor)

Digitized by Google

THE

MEDICAL MENTOR,

AND

NEW GUIDE

TO

Fashionable Watering Places,

BY

F. F. HAYD'N,

PROPRIETOR OF THE CARLOW MEDICAL HALL,

AUTHOR OF THE FRIENDLY ESSAY

ON EMPIRICISM AND NURSETENDERS' GUIDE.

DEDICATED BY PERMISSION TO

SIR A. B. FAULKNER, K.M.D.

PHYSICIAN IN ORDINARY TO HIS ROYAL HIGHNESS THE DUKE OF SUSSEX, &c.

A Philosopher of China being asked how he derived his knowledge, replied—"*the ways of nature are open to all men—I observed that I might reason—and I reasoned, that I might write.*"

Eastern Anecdotes.

CARLOW:

PRINTED BY RICHARD PRICE, FOR HILL AND CO. MEDICAL PUBLISHERS, PICCADILLY, LONDON; HODGES AND M'ARTHUR, DUBLIN; MESSRS. WATSONS, LIMERICK; AND FOR J. B. KNOX, ENNIS.

1822.

Digitized by Google

BODLEIAN
P
16 NOV 1964
LIBRARY

Digitized by Google

TO

SIR ARTHUR B. FAULKNER,

Late Physician to His Majesty's Forces, Fellow of the Royal College of Physicians, London,

PHYSICIAN IN ORDINARY TO HIS ROYAL HIGHNESS

THE DUKE OF SUSSEX,

&c. &c. &c.

CHELTENHAM.

SIR—The kind patronage you have afforded the following pages, while it claims my warmest acknowledgments, fully evinces on your part, a paternal anxiety for any effort, however humble, which has a tendency to elucidate a profession so long the object of your splendid talents, and which has already gained for you, the proudest reward of meritorious services, the favour of your Sovereign, and the confidence of your Prince.

Whether we look back to the collegiate career, which has since fulfilled every promise it held forth, or review on the fields of glory the Physician of the warriors, whose brilliant achievements gave repose to Europe, we have still to admire, and to revere the

Digitized by Google

innate goodness that exalts you as a man, and the talents that render you invaluable as a Physician. But I will not, Sir, presume to dwell on these subjects: to some it might appear like adulation which would be equally far from you to receive, as it would for me to offer. I shall, therefore, simply express my sincere regret, that I cannot present you with a work more worthy of your acceptance, and a hope that I may through life, preserve a continuance of your approbation and esteem.

With much respect,
I have the Honor to be, Sir,
Your faithful humble servant,

FRANCIS FREDERICK HAYD'N.

Medical Hall, Carlow,
Nov. 24, 1822.

Digitized by Google

INDEX.

The Dedication, ... 3
The Preface, ... 7

SECTION I.

On Simple Water and its Uses, ... 11
Cold Water used as a Medicine, ... 15

SECTION III.

On the Mutability of Water, ... 16
An Illustration of the Deluge, ... 17

SECTION IV.

On Sea Water its Uses and Effects, ... 19
Cause of the Saltness of the Sea, ... 21
Method of rendering Sea Water Fresh, ... 22
Bitterness of Sea Water, ... } 23
Nitrosity of Sea, ... }
Oiliness of Sea Water, ... }
Virtues of Sea Water, ... 24

SECTION V.

General Remarks on Sea Water, ... 26

SECTION VI.

Observations on Bathing, ... 27
Sea Water esteemed a Cold Medicated Bath, ... 28
Case of using the Cold Bath under the influence of Perspiration, ... } 30
On Sailing and Sea Sickness, ... 31

SECTION VII.

On the Use of the Warm Bath, ... 32
First instances recorded of the Use of the Warm and Cold Bath, ... } 32
Table for regulating the Temperature of the Hot Bath, ... 33
On the Sulphur Bath, ... 34

SECTION VIII.

On Mineral Waters, their Uses and Effects, ... 35
Transmuting Iron into Copper, ... 36

SECTION IX.

Experimental Observations on Mineral Waters, ... 38

SECTION X.

Method of using Mineral Water, ... 40

SECTION XI.

On Regimen, tending to prove that eating in company is conducive to health, ... } 42
Objections to the same, ... 44

Digitized by Google

SECTION XII.

No. 1.

On Cheltenham Waters, ... 45
Analysis of ditto, ... 46
Terms of drinking ditto. 57

No. 2.

On the Bath Waters, ... 42

No. 3.

Bristol Waters, ... 51
Analysis of ditto, ... 52

No. 4.

Harrowgate Waters, ... 53

No. 5.

On the Buxton Water, ... 53
Irish Spas, ... } 54
Mallow Water, ... }
Killeshin Water, ... 55
Wexford Spa, ... 56

SECTION XIII.

The Kilcornan Spa, ... 57
Descriptive Sketches, ... 58

SECTION XIV.

The Environs of the Kilcornan Spa, ... 61
Description of the Cliffs of Moher, ... 63
Description of Ennistymon, County Clare, ... 66
Analysis, ... 67
Ballyspellan Spa, ... 68
Garryhill Spa, ... 69
Description of the Vicinity, ... 70
Carlow Castle described, ... 71
Stanzas on ditto, ... 71
Carlow College noticed, ... 72
Institutions of Carlow, ... 74
Analysis, ... 75
Uses and Effects of the Garryhill Spa, ... 76
Essay on Love, ... 77
Symptoms of Do. 78
Treatment of Do. 79

APPENDIX.

Cautionary remarks on Mineral, Animal, and Vegetable Poisons, ... 81
Vegetable Poisons, ... 82
Mode of treating Persons Poisoned. 83

Digitized by Google

PREFACE.

In offering the following pages to the attention of the Public, I particularly disclaim any silly vanity for the mere purpose of becoming an Author: my sole object is to awaken a more general enquiry into the subjects which I have ventured to glance at, and by that means endeavour to prevent the many evil consequences arising from an incautious use of Marine or Mineral Waters; and also, to impress that essential knowledge of their peculiar virtues, so necessary to the health and well-being of society.

It may be suggested that every necessary information on those subjects may readily be obtained by applying to any of our respectable Physicians, or to the Medical Works now extant. But, while I am very willing to admit this, it is well known, and much to be deplored, that either from supineness, or inability, many Patients do not take professional advice previous to adopting a course of these Waters; and in general, the Medical Works which treat on these subjects, are so complicated and uninteresting to the generality of readers as to be very little known or looked after. As the Work has been written expressly for the *Use of Private Families*, I have endeavoured to render its stile as simple and familiar as the nature of the subject will admit, in the hope that it may escape the fate of more learned and abstruse

Digitized by Google

performances which seem to be written, solely for the use of Professional Gentlemen, and are therefore seldom or ever read by any others.

I have also interspersed occasionally, lively miscellaneous matter, for the purpose of relieving some of my readers from the tiresome monotony of a subject, which, it must be supposed, cannot be equally interesting to all.

"LECTORUM DELECTANDO, PARITERQUE MONENDO."

It sometimes happens, that from the very general use of these Waters of late years, many are led to think it is unnecessary to apply to a Physician on such occasions; yet, when they are a little acquainted with their peculiar properties, it will give them to understand how imprudent such a proceeding is, and that an indiscriminate use of Sea or Spa Water, is of a more serious nature than is generally imagined.

There are those who, from their situation in life, and perhaps distant from Medical advice, that cannot have an opportunity of consulting with a Physician, and many to whom it may be necessary to give an idea of Medicinal Waters, previous to receiving such advice—they will be more capable of complying with, and perhaps, be enabled to pay more particular attention to the rules laid down for their adoption.

To render this Treatise as complete and as generally useful as possible, I have given an exact relation of the properties, contents, virtues, doses, and uses of the Sea and Spa Water, with an enumeration of the

Digitized by Google

several diseases in the cure of which either may be applied with safety and advantage. I have also given a correct statement of the most noted Springs of the Empire, with their particular properties, the manner of using, and the disease for which they are particularly adapted. By this means Patients may soon learn what Water is most suitable; and where they are most likely to meet with a cure: and perhaps it may save many an irksome journey, and prevent unnecessary expense as well as hinder the distemper from taking root by a tedious delay. I have subjoined a correct analysis of the celebrated Chalybeate Spring at Kilcornan, Co. Clare, which I was so fortunate as to discover, and establish in the summer of 1819; it will, it is presumed, be found of the utmost importance to the Faculty, and more particularly those of the neighbouring Counties.

There are also added some useful remarks on MINERAL, VEGETABLE, and ANIMAL POISONS, which cannot, I presume, be too generally known, when we consider the vast importance of the subject, and the fatal consequence attending even a *minute's* delay in many cases. I have likewise briefly animadverted on the mode of treating drowned persons; and trust, such observations as I have been enabled to submit, will be found of some advantage.

To his Excellency the Lord Lieutenant, and my numerous and highly respectable subscribers, many of whom, moving in the first circles of the Empire, and shedding a lustre round the glorious constitution they support, I cannot sufficiently express my grateful sense of the honor conferred on me by so flattering and distinguished a support.

Digitized by Google

To my Medical Friends, who have so liberally come forward on this occasion, and by the influence of their names, given a dignity and importance to the undertaking, I know not how to express myself—the gratitude they have called forth is deeply engraven on my heart and in characters which death alone can obliterate.

From the public I beg leave to solicit that kind indulgence which never was nor will be refused, to such as *modestly* advance their opinions on questions of national utility, when they are neither presuming nor impertinent, even though they may be mistaken.

I shall conclude by making an appeal to such critics, reviewers, and journalists as may happen to look over these pages, and consider them in any way worthy of their criticism.

"CANDIDUS RECTUS SIS; GENEROSUS SED ESTO."

F. F. H.

Digitized by Google

THE

Medical Mentor,

AND NEW GUIDE

TO FASHIONABLE WATERING PLACES.

SECTION I.

ON SIMPLE WATER AND ITS USES.

It is a circumstance of the utmost importance towards success in the cure of many diseases, to be acquainted with the qualities of Water, which is generally used by patients. The change of air hath often received the credit of a cure, which was the sole effect of a change of Water. Water is a fluid so well calculated for dissolving, and sustaining in a state of solution, many of the subjects of the Mineral Kingdom, that it cannot in its passage through the earth, but be more or less impregnated with many of the bodies it washes in its course: we accordingly meet it in different places impregnated in various manners and degrees, with various substances, some in greater, some in less proportions, and some more, some less perceptible to our senses. According to these imperfect judges, we usually divide Water into two general kinds, the Simple and the Medicinal.

Simple or pure Water, in a just sense of the word, is not to be met any where: heterogeneous matter, and that in a large quantity, may be separated from such as appears the most simple, but we include in a more vague

Digitized by Google

manner, under the first of these terms, all those Waters which have no smell or taste of any extraneous matter, nor any particular effect on the body; and under the latter we include all those whose smell, taste, or other obvious qualities, denote their containing Saline, Metalline, or other Mineral particles, and whose effects on the body correspond with those notices and contents.

By Water taken in general, we understand a pellucid fluid, convertible into ice by cold; naturally pervading the strata of the earth, and flowing, or stagnating on its surface.

Pure Water would require a definition very different from this, that of a clear colourless liquor, without smell or taste, simple and volatile. But such a definition would not include Waters impregnated with Metalline, Stony, Saline, and other fossile particles, which is the more immediate business of this Treatise.

The Waters used in Medicine may be arranged under two general divisions,

1. Common Waters, serving the ordinary purposes of life.
2. Waters impregnated with peculiar Mineral substances.

The Waters of the first general kind are to be found under different heads, which we accordingly divide into Spring Water, River Water, Lake Water, Rain Water and Snow Water.

The first is the Water furnished from the bowels of the earth, and is continually fresh supplied; the second

Digitized by Google

is a mixture of the first, and of fresh vapours raised from the Sea, and descending in rains. This water is subject to a thousand changes from the substances accidentally washed into it by the torrents occasioned by rains, but it has the advantage of being continually in motion.—The third is much the same in its nature as River Water, but is rather more owing to Water that has been raised in vapour, and has fallen again in rain, with the disadvantage of standing and stagnating in its place. The fourth has the advantage of being wholly raised in vapour, yet it never is, nor can be perfectly pure. The last has the advantage of this, and the additional one of being frozen in its progress, and thus having passed through an operation very well calculated for separating heterogenities of many kinds.

It had been objected to Snow Water, that it occasions swellings in the throats of people who are obliged to drink it; but its effect on sailors who attend the Greenland Whale Fishery, and who for several months, have no other drink but Snow Water, or snow eat by way of drinking, fully refutes the idea; as swelled throats are not found to be the consequence: yet, Spring Water, from its containing a portion of fixed air, is always to be preferred for drinking, as it sits lighter on the stomach than any other Water; and when it is found to have no sensible quality, but that of mere Water—no smell—no other operation but that of simple water—it may be taken with the utmost safety. At the same time we are directed to be cautious in its use, as Water drank for a constancy, extremely cold, injures the nerves, and occasions torpors, and sometimes Paralytic disorders of the internal parts. It also gives very violent cholics, and hurts digestion: if drank in this state at a time

Digitized by Google

when the body is heated with labour or exercise, there is no end of the disorders it may occasion, nor any thing more fatal than the mischiefs that may attend it. On the other hand, *if moderately drank*, it is said to assist digestion; it quenches thirst, dilutes the fluids, corrects acrimony, promotes fluid secretions, and if any Medicine challenges the name of Cathelicon, it is Water.

SECTION II.

WATER appears in three different states, solid, fluid, and vapoury. In a solid state it assumes, Snow, Hail, and Ice. Snow and Hail are produced by the condensation of Water diffused through the different states of aggregation—Hail, in the lower regions, by the condensation of large drops of Water in a fluid state; Snow, in the higher by the chrystallization of very minute particles, or of vapour. Hence it is that Hail is not found about the Polar regions, because Water does not exist there in a liquid state. Snow and Hail are less transparent than Ice, probably from a greater portion of air mixing in their composition, which rendering their density less uniform, so far injures their transparency. And for the same reason Hail, in this respect, approaches sometimes more to Ice than snow.

If Water be suspected to be in an impure state, from being combined with noxious matters, being too long confined, from excess of air, or any other cause, it may be purified by agitation in open air, which serves to give it a brisk taste, and renders it more agreeable and wholesome; or by boiling, which disengages the noxious air

Digitized by Google

with which it may be loaded: Filtering is also considered a remedy; for the acid being combined with the earth, will not pass through.

Muddy Water may be cleared by adding two or three grains of Alum to each pint, and thus the Water is not injured. If hard, it may be rendered soft by adding two grains of Salt of Tartar to each pint, after which it will be both agreeable and free from all inconveniences.

River Water is considered the best for taking to sea, if the voyage is short; but the Spring Water, being longer before it putrifies, answers better for a long one.

Hot Water more speedily dissolves Salts, and such substances, than cold: in the same manner, Water is more expeditiously dissolved in the sun than in the shade, which seems to be the reason why the breath of animals become visible in cold weather, because there is not sufficient heat to dissolve the moisture which is exhaled from the lungs.

Some respectable Medical Writers, who have given cold water as a Medicine, tell us of its having cured Fevers of many kinds, and a number of other distempers by giving a draught of it in the beginning of a disease, and suffering it to take its natural course as a sudorific—while others seem to be of opinion that it takes a more important, though not less natural course, by helping the patient to "another and a better world."

The cold Water method has been carried much farther in other countries than it has been ever proposed with us. People have been made to take it in Chronic

Digitized by Google

cases, to the quantity of four, five, or six quarts a day, and this for a continuance of a fortnight or three weeks, little or no food being allowed during the whole course. Some have, it is said, been *starved* by the meagre discipline; but it is likewise gravely affirmed by a celebrated continental Writer, that *most of those who recovered were generally cured by it!*

SECTION III.

THERE is a question among Chemists as to the nature of Water; some holding it to be unchangeable, while others contend that it may be changed into other substances, particularly into earth. Without entering at large into the controversy, the mention of a few facts will be sufficient.

BOERHAVE is said to have distilled Water five hundred times, yet without any visible alteration. On the other hand Boyle mentions that after two hundred distillations water afforded three parts out of four of earth; and that in each subsequent distillation, the earth was afforded more copiously, to all appearance.

LAVOISIER weighed the glass vessel, in which the Water was distilled, and it was lighter; whence he concluded that the Earth belonged to the vessel; but the vessel did not lose so much as the weight of the Earth obtained, and this Earth had entirely different properties from those of Glass. MARGRAAF is of opinion, that Water is transmutable into Earth; but upon the whole, this matter is not as yet ascertained.

Digitized by Google

AN ILLUSTRATION OF THE DELUGE.

The quantity of Water contained in the Air is very considerable, so that were all that is dissolved in it precipitated, there would probably be enough to cover the Earth's entire surface, not only to the height of thirty-two feet, *id est*, the height of a column of Water, equiponderant to a column of the Atmosphere, as some have supposed, but to an indefinite height. The supposition that thirty-two feet was the limited height, was founded on the hypothesis, that the pressure of the Air was intimately connected with the quantity of Water contained in it: but daily observations shew that this opinion is unfounded. During a long Summer's drought, there is a continual absorption of Water into the Air; therefore on this hypothesis the Barometer should be continually rising; but on the contrary, it is found to be stationary during the whole time, at thirty inches, or a little more; and, what is still more extraordinary, when the drought is about to terminate, while the Air yet contains the whole quantity of Water it had absorbed, and has not yet parted, with a single drop it becomes suddenly lighter, and the Mercury will, perhaps, sink an inch: and after the Atmosphere has been discharging for a number of days, a fluid eight hundred times heavier than itself, instead of being lightened, by the discharge, it becomes heavier, and even specifically heavier than it was before. From these remarks, and from the large quantities of Water proved to exist in the greatest depths below the surface, it is evident, that the system of nature contained ample materials for effecting the Universal Deluge. And as the Atmosphere owes its solvent power, or a great share of it, to electricity, a conjecture, perhaps not unreasonable, may be formed of the man-

Digitized by Google

ner in which the Deluge was produced. We are assured, by undeniable observations, that Electricity is liable to swell up the Water on the surface of the Earth; the agitation of the Sea in earthquakes is a proof of this, for, at the same time, there is a discharge of a vast quantity of Electric matter into the Air, and as soon as this happens all becomes quiet on the surface of the Earth. From a multitude of observations, it appears also, that there is, at all times, a passage of Electric matter from the Atmosphere to the Earth, and *vice versa* from the Earth into the Atmosphere: this being premised, there is no absurdity in supposing that the Father of the Universe influenced the action of the natural powers, in such a manner, that, for forty days and nights, the Electric matter contained in the Atmosphere, should descend into the bowels of the Earth; the consequence would be "the breaking up of the fountains of the deep, and opening the windows of Heaven." The Water contained in the Atmosphere being left without support, would descend in impetuous rains, while the Waters of the ocean, those from which the fountains originate, and those contained in the solid Earth itself, would rise from the very centre, and meet the Waters which descended from above. Thus breaking up the fountains of the deep, and opening the windows of Heaven, would accompany each other, as Moses tells us they did; for according to him, both happened on the same day. The abatement of the Water would ensue on the ascent of the Electric fluid to where it was before; the Atmosphere would then absorb the Water as formerly; that which had ascended through the Earth would again subside, and thus every thing would return to its former state.

Digitized by Google

SECTION IV.

ON

SEA WATER, ITS USES AND EFFECTS.

PRELIMINARY OBSERVATIONS.

There is a pleasure in the pathless woods,
There is a rapture on the lonely shore,
There is society, where none intrudes,
By the deep Sea, and music in its roar:
I love not man the less, but nature more,
From these our interviews, in which I steal,
From all I may be, or have been before,
To mingle with the Universe, and feel
What I can ne'er express, yet cannot all conceal.

Roll on, thou deep and dark blue ocean—roll!
Ten thousand fleets sweep over thee in vain;
Man marks the earth with ruin—his control
Stops with the shore;—upon the watery plain
The wrecks are all thy deed, nor doth remain
A shadow of man's ravage, save his own,
When, for a moment, like a drop of rain,
He sinks into thy depths with bubbling groan,
Without a grave, unknell'd, uncoffin'd, and unknown.

Thou glorious mirror, where the Almighty's form
Glasses itself in tempests; in all time,
Calm or convuls'd—in breeze, or gale, or storm,
Icing the pole, or in the torrid clime
Dark-heaving;—boundless, endless, and sublime—
The image of Eternity—the throne
Of the invisible; even *from out* thy slime
The monsters of the deep are made;—and zone
Obeys thee: thou goest forth, dread, fathomless, alone.

LORD BYRON.

That vast collection of Water which we call the Sea, surrounds the whole Earth, and consequently washes whatever is contained between its opposite shores, as

Digitized by Google

Submarine Plants, Salts, Fishes, Minerals, &c., and is therefore enriched with the particles it receives from these bodies, either being washed off, or passing into the Water by their transpiration; for their fine and subtile particles, continually thrown off by transpiration, and endeavouring to escape into the air, are intercepted by the Water, and mingled with it. But Salts chiefly bestow their particles on the Water, and thereby preserve it from putrefaction: from this cause also, this fluid acquires a more oily and soapy quality than Spring Water. And further, this Water is penetrated by a certain sulphurious steam or effluvia.

All these causes seem jointly to constitute this fluid which we call Sea, and which the omnicient Creator of all things, seems to have designed to be a kind of common defence against the corruption and putrefaction of bodies. Therefore, in those regions, where the heat of the sun is greatest, and consequently more apt to corrupt fluids, the Sea is saltest, according to the observations of those who sail under the equator. This wonderous collection of Waters preserved from putrefaction by the acid of Salts, &c., performs the will of the omnipotent by various means; for the sun separating the fresh water from the salt, and gently attracting it upwards, causes also, many sulphurious and nitrous particles to ascend in the same vapours, which being driven through the air, over all the immediate space of the Earth and Seas, are probably the cause of all the various phœnomena and changes of climate; and when they have performed their destined task in the air, falling down in the shape of Dew, Hail, or Snow, they supply the Earth with moisture, afford water to all kinds of animals, augment the springs destined to the use of men, with the purest

Digitized by Google

streams: whence the superfluous liquor runs into the Rivers, and back into the Sea, the common parent of them all. And thus the order of things seems to be preserved.

I shall now briefly notice what the most accurate inquirers into nature, what Physicians, and Chymists, have observed of the Sea Water, and previous to treating of its medicinal virtues; I shall attempt a few observations on its other peculiar properties, which are four, viz: *Saltness*, *Bitterness*, *Nitrosity*, and *Unctuosity*.

CAUSE OF THE

SALTNESS OF THE SEA.

Some are of opinion that the cause of the Saltness of the Sea, is owing to the salt carried into it with the course of the Rivers; which salt not being subject to be raised from the Sea by evaporation, accumulates in a long course of ages. But there are many objections to this theory.

The celebrated Franklin, "the playmate of the elements," as Counsellor Phillips stiles him, was of opinion that all Rivers do not run into the Sea, but on being opposed by the approaching flood tide, are by expansion and evaporation carried up into the air, and afterwards descend as before mentioned. But even allowing that all Rivers do run into the Sea, it can be shewn by satisfactory calculation of the quantity of Water contained

Digitized by Google

in each kind, that all the Rivers in the world, could not, since the creation of it, have conveyed into the Sea, more than about one-seventeenth part of the salt which is contained in it. Others have derived it from beds of salt contained at the bottom like mines of rock salt found near the surface of the earth. They seem to be of opinion quite contradictory to the former, for they maintain that nothing but such a mass of salt could prevent the sea from becoming fresh, by such an influx of Rivers.—But this conjecture seems to be built on a false foundation: for supposing the Rivers contained no salt, and that they returned all the salt which is raised from the Sea by evaporation, the saltness would still continue the same. But Rivers are considered, by the most respectable Chymists, to contain a portion of Salt, and also that they do not restore to the Sea all that is carried off by evaporation; on both which accounts its saltness should rather encrease than diminish.

Others seem to unite these two suppositions, but have not supported their opinions with evidence sufficiently convincing. On the whole, the question may perhaps admit of a solution; for there is no reason to hinder us from supposing, that the Waters of the Sea, might have been originally formed in their present state.

METHOD OF RENDERING SEA WATER FRESH.

Sea Water may be rendered fresh either by freezing, or by distilling. In cold countries it is exposed to freeze, for the purpose of concentrating the salt in the remaining Water: the Ice being always found fresh,

Digitized by Google

and therefore, when dissolved affording a fresh supply of simple Water. The process by distillation is to employ a gentle heat, for this will be sufficient to evaporate the Water, yet leave the Salt behind.

BITTERNESS OF SEA WATER.

This quality in Sea Water is supposed to be chiefly owing to bituminous parts of the subjacent Earth; for it is probable that sulphurious exhalations are expelled through innumerable passages by subterranean fires, which impregnate the Sea Water, as the fume of Sulphur penetrates Wine; wherefore, it is very probable that Sea Water is more bitter the deeper it is taken.

THE NITROSITY OF SEA WATER.

It is found by experiments, that the bitter Salt in Sea Water, is partly Nitrous; and that it is formed in the oleous bitumen of the Sea, and it is supposed, that it is owing to this quality, that sea Water does not extinguish fire so readily as fresh Water, on account of the Nitrous particles abounding in it.

THE OILINESS OF SEA WATER.

It is observed, that two pounds of distilled sea Water will not dissolve so much salt, as the same quantity of spring Water, by half a drachm, although their specific gravaties are equal, and this is attributed to its oiliness. This oiliness is not found in spring Water: though it appears in salt, for if the clearest common salt is liquified in a moist air, it lets fall its Earth with a certain oily, acrid, and austere liquor.

Digitized by Google

VIRTUES OF SEA WATER.

Sea Water, besides the common alimentary salt, contains a portion of bitter purging salt, which remains after the common salt hath crystallized; and after the bitter purging salt hath been separated, there remains a small portion of pungent saline liquor, which refuses to crystallize, and which appears to be a solution of the Earth, called magnesia alba, in the marine acid.

Sea Water, because of its disagreeable taste, is now rarely given internally, though formerly great benefits were said to be derived from its use: especially when cold humours were to be desiccated, it was considered as more efficacious than other purges. It was likewise reputed the mildest of the hot acrid purges; was esteemed a warm diuretic: and from these two qualities, all the effects Sea Water given internally were deduced.

What the ancients say of the discutient virtues of Sea Water, may be referred to its external use; and as when drank, it generally comes in contact with the intestinal glands, thereby opening their obstructions, it may be said to act as a topic in that respect. However, modern Physicians are cautious as to its uses either way; those who are of *hot constitutions should never drink of it*, for it corrodes the intestines of such, and if often used is extremely injurious. Not that there is any thing

particularly deleterious in Sea Water, but, because it is unfavourable to bodies so constituted; likewise those should abstain from it, *who are Hectic*, who are subject to *diarrhœa*, and whose bowels are deranged after aperient medicine.

Digitized by Google

During a residence of a few seasons at the sea side, I had frequently an opportunity of observing, that Sea Water did not purge some patients, and that it usually created very great uneasiness in the stomach, until some gentle aperient was taken: others *who drank it unadvisably*, were, by its acrimony, thrown into an almost incurable affection of the bowels. And it is now the opinion, I presume, of the most respectable Physicians, that whatever peculiar properties, or virtues, it may possess, it seems to depend entirely upon bathing, and its external use; and that no patient derives relief from its purgative properties, that would not receive the same benefit from other cathartics appropriated to his particular case; when the same assistance were used along with them, namely, bathing in, and the external use of Sea Water. For when the humours are brought to such a state, as to be safely carried off by stool, it is of little consequence what medicament is made use of for that purpose, provided a due regard is had to the peculiar constitutional symptoms of the patient, and the nature of the disease. And further, there is now such an elegant variety of efficacious purgative medicines, which may be exhibited in different forms, and which may be suited to every disease in which purging is required, there can be no necessity for troubling patients with so nauseous a potion, at the risk of creating uneasiness in the stomach, or bowels, when it can be avoided.

Digitized by Google

SECTION V.

GENERAL REMARKS ON SEA BATHING.

Having first premised a few directions, which are to be observed previous to a course of Sea Bathing, and explained the principal uses and effects of the hot and cold Bath, I will proceed to enumerate those cases in which their use is particularly celebrated ; as also, those cases wherein the use of the hot or cold Bath is generally deemed improper. Though formerly purging, previous to bathing, was in general abstained from, it is now in most cases, considered not only serviceable, but absolutely necessary, especially in diseases of the head, and in bilious cases, from whatever cause. And as nature has formed those passages, and excretions, that they may be subject to the command of Physicians, it is directed that all superfluous, and noxious humours may be discharged before we have recourse to the sea. But, as many Medical Gentlemen may be of a contrary opinion, and, *as under some circumstances*, we cannot be too cautious in this particular ; I would earnestly recommend, that all patients, may, if possible, *submit their cases to the attendant Physician*, and be fully informed before they hazard any preparation, that might, in the slightest manner, prevent this Water from exercising its peculiar virtues with the fullest effect.

It is sometimes necessary to bleed, particularly in inflammatory, or strumous swellings, or where formation of pus is threatened, either on the lungs, liver, or mesentery, which is frequently a precursor of a consumption of some of the chief internal organs ; or a general

Digitized by Google

wasting of the body. An Emetic is also required where a fullness of the stomach prevails, and in such case two or three grains of Emetic Tartar in a cup of Chamomile Tea, will be a sufficient dose for an adult: should it happen to vomit too violent, two tea spoonfuls of common table salt, dissolved in a cup of warm water, will immediately change the operation to the intestines.

SECTION VI.

OBSERVATIONS ON BATHING.

This is the purest exercise of health,
The kind refresher of the summer heats;
Nor, when cold winter keens the bright'ning flood,
Would I weak-shivering linger on the brink.
Thus life redoubles, and is oft preserved
By the bold swimmer, in the swift illapse
Of accident disastrous. Hence the limbs
Knit into force; and the same Roman arm,
That rose victorious o'er the conquer'd earth,
First learned, while tender to subdue the wave,
Even from the body's purity, the mind
Receives a secret sympathetic aid.

THOMSON.

Physicians have written very accurately of cold bathing without depreciating that of the sea. But sea water is now raised into very just repute, and is generally preferred on account of its specific being increased by the salt. The salt is a stimulus, is an efficacious cleanser of the glands of the skin, and those who come out of the bath, perceive a kind of firmness, with heat over the whole surface of their bodies, which is a forerunner of established health: but, if this heat does not come on

Digitized by Google

spontaneously, it is to be procured by moderate exercise; besides it receives a remarkable increase of virtue from the purging salt, which is considered to be, the very nitre wherewith the cold baths of the ancients, so much cried up, were saturated.

Sea Water, therefore, is not simply a cold bath, *but a cold medicated bath*. But whatever virtues this water may have, its force cannot be so exactly calculated, as to determine what number of immersions are sufficient for the recovery of any particular patient; yet, many patients are so silly as to expect this.

In order that Sea Water may be employed with safety, and advantage, the constitution should have vigour to sustain the shock of immersion without inconvenience. If the immersion be succeeded by a general glow over the surface of the body, and the patient feels cheerful, and has a keen appetite, we may conclude that the water agrees with him; but if he shivers on coming out of the water, continues chilled, and becomes drowsy, we may be assured that cold bathing will not prove serviceable, and ought therefore to be discontinued. And indeed it is very probable, this may serve as a standard in most cases. In all weakly patients, the immersion should be momentary.

It is directed by some Medical Gentlemen, that bathers should have their bodies well rubbed before hand, and that they should plunge into the Water at once.

Cold Bathing is considered most useful, where a strong shock is required, where the humours are too much dis-

Digitized by Google

persed, and a counteracting revulsion of the solids, to promote the circulation of the blood and humours impeded, becomes necessary, and where the surface of the body requires bracing up to a more tense degree.

The Cold Bath, is said to contract the solids; condenses the fluids, and accelerates their circulation; and this chiefly by the stimulus of the salt.

In tender constitutions, and some diseases in which a morbid viscidity is the offending cause, a moderate warm bath should be used before the cold one is attempted, and the approach to coldness should be gradual.

When the fibres are rigid, and the viscera unsound, Cold Bathing is injurious; fat people are very little benefitted by it! and none should engage in it before a gentle glow is excited in them by *moderate exercise*, and this when the stomach is most empty.

Previous to Cold Bathing, evacuations, such as the constitution will bear, should be made. When sweating is to follow the immersion, the person should return from the water as speedily as possible, be rubbed dry, and then put to bed. If Cold Bathing is used to encrease the strength, to preserve health, or to thin the humours, perspiration should not be courted. The morning is the best time for the Cold Bath, because then the perspiration is generally finished, and the body freest from what nature can throw off by the skin.

In climates that are changeable, and where there is much damp weather, Cold Bathing, by making the skin less susceptible of such changes, proves very salutary.

Digitized by Google

I have the happiness of enjoying the friendship of a Physician of much respectability, and professional talent, in Limerick, who informed me, that for the last twenty years he has made it a rule to plunge every morning in the year from a warm bed into a cold bath fitted up in an adjoining chamber; and never, during that period has he experienced an hour's ill health.

Though the proper use of the Cold Bath is strengthening to many, yet if the patient remains in much longer than is necessary for being wholly immersed, he will be weakened by it, and that proportionably to his constitution.

It is observed, that the most obvious effects of Bathing are from the pressure of the water on our bodies, and from its moisture. The pressure is encreased by cold, and the moisture by warmth. It is to be further remarked, first, if we would have the blood dissolved; secondly, viscid matter removed from the sides of the vessels; thirdly, the glands cleansed; fourthly, the spirits encreased, and rendered more active; fifthly, the urinary discharge promoted; sixthly, obstructions in the viscera removed: if the cases are not remarkably confirmed, Bathing may be used; for the first, second, and third, of the above intentions, it is that we thereby proceed to cure Psora, Leprosy, and Elephantiasis; on the

Note—It may be considered strange to plunge into a cold bath, with the body heated from a warm bed; but then, it is to be observed, that the different effects of going into cold water when hot, are from the different modes of the heat being excited. Now in this case, though the pulse is quickened, yet the lungs are not affected, nor is respiration hurried: but if the heat had been excited by exercise, the respiration would have been affected at the same time, and in the same degree as the pulse; and from this circumstance arises the danger of sudden cold succeeding heat thus raised.

Digitized by Google

first four the Palsy, Melancholy, and Madness; on the fifth, Gravelly cases; the sixth, in conjunction with the other, in Cachetic, Icteric and Hydropic cases.

ON SAILING AND SEA SICKNESS.

Sailing is considered beneficial to weak persons. In a calm when the ship's motion is gentle, an uncommon alacrity, an encreased perspiration, a keen appetite, and a quicker digestion are excited: but when a patient is very weak the violent agitation of a ship in a rough sea is not very safe.

Sea sickness, so distressing to most people on first going to sea, depends on nervous irritability and spasm; it is a disease of the brain from the unusual motion which the ship gives it, and from thence by consent of parts, it is carried to the stomach, where it occasions vomitting. Long voyages usually overcome this disorder, but short ones seldom do. A dose of Epsom or Cheltenham Salts taken the day previous to the voyage, and about half a pint of Sea water mixt with a wineglass of Port, drank when going on board, is found a preventative by many. It will be necessary during the entire voyage to keep the body gently soluble. Alkaline mixture taken in a state of effervescence, with lemon juice is highly beneficial, especially for females.

Digitized by Google

SECTION VII.

On the Use of the Warm Bath.

How sweet the sensation, how soothing the stream,
Whose warmth, and whose moisture with witchery teem;
Whose gentle attractions like magic assuages
The pains and the pangs of a thousand diseases;
Makes the bland cheek bright,
And the bright still brighter;
And the lone heart light,
And the light still lighter.
Is luxury's beam,
All soft and smiling,
And pleasures dream,
Life's cares beguiling.
Can kill or can cure, just as patients will suit it;
And this doctrine I'll hold till some Doctor refute it.

The first instance recorded of warm bathing, as a medicine, is, Medusa's use of it, whence she was said to burn people alive, because that Pelias, King of Thessaly, died in the warm bath under her care; as also the first of cold bathing is that of Melamphus, bathing the daughters of the King of Argos.

Warm bathing was regarded by the Greeks and Romans, not only as an efficacious remedy, but likewise as one of the highest enjoyments of luxury. The Greeks were accustomed (and some even at this day,) to have Warm Baths in their houses, if capable of bearing the expence; if not, public ones were provided by the Government for them, which also obliged them to bathe there at certain periods of time, though no disorder is manifest: and certainly with much reason; especially

Digitized by Google

as age advances, for old people are strengthened by it, perspiration is also facilitated, which in dry skins is much retarded, and thus many diseases are prevented.

It is on the principle of absorption that benefit by the Warm, and all Medicated Baths, is said to be derived; but undoubtedly great good is to be expected from the promotion of insensible perspiration, and soliciting the circulation of the fluids to the surface of the body.

Before entering on a course of Hot Bathing, let the plethora, if there is any, be reduced by proper evacuations.

When disorders, or their causes, are confined to the inward parts, so as to interfere with their functions, then the Warm Bath is considered the best method of affording relief.

The heat of the Bath being regulated,*—for weakly people faint in very warm ones—let the patient's body be well rubbed, that its power of absorption may be encreased, observing also to have the body well dried on returning out of the Water.

* Though the Bath must be always regulated by the Physician, according to circumstances, the following may be acceptable to some of our readers:—

When the heat of the water is greater than that of the body, or above 97° F. it is called the Hot Bath.

2. When below the temperature of the body.

a From 97 to 85, the Warm Bath.

b From 85 to 65, the Tepid Bath.

c From 65 to 32, the Cold Bath.

Digitized by Google

In the morning fasting, and four hours after dinner, is the best time for Bathing; the time of immersion is limitted by circumstances, but an hour is the longest that should ever be permitted.

If after bathing a few times, the belly seems retracted, the patient will be benefitted, by continuing it; but if the hypochondres seem inflated, and uneasiness is complained of in the bowels, or if alternate heat and cold affect the patient, it must be omitted.

The corpulent, those with tense fibres, and those with cold temperaments, are much benefitted by the Warm Bath.

The sensations of the patient will generally determine the necessary degree of heat to be used; that which produces the most agreeable is the point to be abided by; but where much heat is likely to be of use, it can best be supported by the patient, if a small portion of Barbadoes tar is added.

Cancers are said to be relieved by Baths, and more benefit may, perhaps, be obtained by this method of cure than any other; for the glands are the most absorbent parts, and by this method, medicines come directly to the part, whereas by the stomach they undergo some change before they arrive at their proper seat of action.

Warm bathing is generally *forbid* in those disorders that impair the understanding, or affect the head with giddiness and pain, in which the lungs are weakened or affected, when inflammation is an attendant symptom, when a flying gout, or rheumatism, is also the matter of complaint,

Digitized by Google

and when there are moveable tumours. But in almost, if not in every case, where bathing is advisable, the Warm Bath is said to be the best; and if it neither sinks the spirits, waste the strength, nor lessen the appetite, it will be proper to continue it.

I shall conclude this subject by noticing the Artificial Warm Baths, of which the Sulphurous are the most useful; they promote perspiration, relax, and penetrate. The following are good general forms for them:—

A SULPHUR BATH.

Take off the shavings of Guiacum wood, and Roll Sulphur, of each, a pound and a half, boil in twelve gallons of water to six, and add a sufficient quantity of cold water to reduce to the proper temperament; or, Sulphur two ounces, boil and prepare as above.

These Baths should be entered into every day, and in some obstinate disorders of the skin, twice a day is not too often.

SECTION VIII.

ON MINERAL WATERS,

THEIR USES AND EFFECTS.

Waters impregnated with peculiar Mineral substances, differ essentially in regard to the different impregnating matters, and are distinguished into two general kinds,

Digitized by Google

as they come out of the ground either hot or cold. The names by which they are called are

THERMŒ AND ACIDULŒ.

The name of Thermœ is properly enough given to the hot ones, expressing as much, but the other term Acidulœ, is not quite so opposite to the cold ones, because they rarely contain an acid salt, but always an alkaline one. It was given them on account of certain urinous, or, as some express it, a sub-acid taste, which many of the cold Mineral Waters have when fresh taken at the Spring.

The particles with which these waters are impregnated, are in general four kinds, viz.:

METALLINE, SALINE, SULPHUROUS, AND TERRENE.

They are extremely frequent, as the substances that impregnate one or other of them, are almost in all parts of the earth.

Copper and Iron being the two Metals most easily soluble in water, are the most common in the impregnation of springs. The cupreous waters are found in places where there are mountains abounding in copper; and some of them are so strongly impregnated with it, that they carry off the particles of Iron laid in them, and leave the copper they contained in their place.—This is called transmuting iron into copper, but that pompous name was given to the operation, from an ignorance of the manner in which it was performed; the operation of which is nothing more than this—most copper ores contain sulphur, whose acid uniting with the

Digitized by Google

copper, forms blue vitroil, or coperas: the water which issues from the mine, dissolves, and becomes impregnated with the salt; but this fluid having a stronger attraction to iron than copper, when a bar of the former is put into it, the copper is precipitated from the solution into the place of the iron which is dissolved. This method of changing iron into copper was accidentally discovered at the celebrated copper mines near Arklow, in the Co. Wicklow, by a workman who had mislaid his shovel, but some weeks after found it in the coperas water, so encrusted with copper that the metal was thought to be changed.

The Ferrugineous Waters are much more frequent than the cupreous ones, and of much greater use to the world. These, with the iron, usually contain many other extraneous particles, earthy, and of other kinds, as appears by evaporation, and always a peculiar alkaline salt, to which they owe a great part of their qualities. They all have more or less of the Ferrugineous taste, and all discover the metal they contain, by the several tests which Chymistry point out.

The Mineral Waters impregnated with salts, are various, according to the nature of the salts they contain. Some of them are impregnated with a salt of the Marine kind; and others with an alkaline and vitriolic acid, which, mixing together, form a salt of the nature of the factitious one, invented by GLAUBER, and named from him.

The waters containing Marine salt alone are no other than weak brine springs, the same in their nature with those from which we prepare salt for the table, only that they have but a small portion of it.

Digitized by Google

The Sulphurous Mineral Waters are distinguished from all others by their smell, which is always like that of lime or sulphur, though very different in degree. They are directed to be drank from half-a-pint to a quart daily. In small quantities they prove diuretic; in large, strongly purgative.

The Mineral Waters impregnated only with terrene or earthy particles, are of inferior class to all the others, and it is very probable the taking the earth, which on analysis, they are found to contain, or any other soft astringent earth in its place, would answer the same purpose, and in many cases would succeed better, especially in habitual diarrhœas, dysentries, and diabetes, &c.

SECTION IX.

Hoffman, and many others, highly extol Mineral Waters in general, whilst others observe, that a pure water, on account of the simplicity, such as that from Malvern and Toplitz springs, is to be preferred both for drinking and bathing, and that in want of these, they may be well supplied by distilled rain, or any other that is soft and pure. Objectors say, that the Medicinal qualities in these waters only quicken their operation as water, but contributes nothing farther, and that solutions of the like nature are of equal efficacy: but then it should be remarked that the Mineral contents are often volatile and of parts more subtile than those of arts producing; and when the powers of nature are expiring, experience

Digitized by Google

proves their efficacy by their success as a *dernier resort*. In general their views are according to their contents; these known, their use is easily determined.

By the experiments of Doctor PRIESTLY, and others, it remains beyond a doubt, that to the quantity of fixed air contained in Mineral waters is owing the whole virtues of some, and a principal one of them all. And such is the tenuity of sulphur and iron, in some of these waters from their perfect solvened the fixt air therein, that the best sealed cork cannot long retain their medical parts; they should, therefore, if possible, be drank on the spot.

For the purpose of rendering these waters as generally known as possible, I insert a particular description of the most noted medicinal springs, with the manner of using, and the preparation to be observed previous to the commencement of a course. At the same time I beg to recommend, in the strongest manner, the propriety of taking professional advice in all serious cases, as there are many things to be considered, which it is presumed, the generality of patients cannot be sufficiently acquainted with.

Digitized by Google

SECTION X.

Method of Using Mineral Waters.

First, as to the season most suitable for using Mineral Waters; a dry state of the air is considered best; the Waters being weaker in rainy weather: and it is observed, that they are weaker in cloudy weather, and such as seem inclined to rain, than during the fall of rain. So as the summer season is the most serene and dry, as well as the most convenient for the exercise to be used in the course, this is undoubtedly the best time, and chiefly from May to September: but they may also be drank with very great advantage in the midst of winter, and especially in the time of great frost, when many of these medicinal springs are even stronger than in the hottest weather: yet those who use them in winter must do so by a warm fire, or in a warm chamber.

Secondly, it is necessary previous to the use of these Waters to take suitable aperient medicine, and sometimes an emetic: for it has been observed, that Mineral Waters, particularly of the Chalybeate kind, have disagreed when these preparations have been neglected, when after them they have agreed well.

Thirdly, as to the manner of drinking them, and the diet and regimen to be observed during the course: it is found, that they are more benefitted who drink large quantities, than they that drink small: but the only certain measure to be settled, is that quantity which the stomach can bear without heaviness or uneasiness; so the

Digitized by Google

greater the quantity drank the better—provided the Waters pass off well. When commencing the use of these Waters, it will be adviseable to begin with about half a pint, and to encrease the quantity daily, until arrived at that measure which the stomach will transmit; and continue the dose daily, during the course: finishing by lessening the quantity by like gradations. The whole quantity taken each morning should be drank within the space of one hour. After each morning's drinking, it will be necessary to use exercise for some time, as by walking, or by riding on horseback, or in a carriage or car, which is sometimes to be preferred to walking, as it promotes urine rather than perspiration, which is more agreeable to the usual course of these Waters. But to such as can bear walking without being distressed it will be found, perhaps, preferable in other respects. When the summer is cold, and winter like, and patients are unwilling, or unable to rise early, drinking it in bed will answer in some degree, by rubbing the stomach with a warm napkin. It may be necessary to remark, that the foregoing observations are principally applied to the use of simple Chalybeate Springs in general: the Saline Waters will be spoken of in their proper place.

Digitized by Google

SECTION XI.

ON REGIMEN,

CALCULATED TO PROVE THAT EATING IN COMPANY IS CONDUCIVE TO HEALTH.

As dinner is the principal meal which most patients are solicitous about, they should be particular in selecting such meats as are of easy digestion, as pullets, partridge, beef, when young and tender, from three to four years old, rabbits and hares; trouts, pike, eel, tench, carp, and bacon, are not considered proper. A moderate share of wine may be drank, but such wines only as favour the ordinary passage of the waters are to be preferred. *No Mineral Water* is to be drank after dinner: and every inquietude of mind, grief, anxiety, &c. is to be considered as a mortal enemy. Eating in company is considered of the utmost importance, and extremely conducive to health, inasmuch as it diverts the mind from dwelling on those infirmities that patients may labour under, and thereby gives the Medicinal Waters a fair opportunity of exercising their peculiar virtues with the fullest effect. Undertaking to prove the advantages of eating in company, I shall fix on three properties, viz.—animal, moral, natural or physical. The first are such as do good to the body, the second benefit the mind, and the third are useful to both. Man is an animal formed by nature for society—he is led by example and imitates what he sees done; if he observes another eating he is desirous of doing the same, and his mouth immediately waters. This water is the saliva which dissolves the food and whets the appetite. That being sharpened, we eat with pleasure, and grind our meat better. When conver-

Digitized by Google

sation and mirth preside at a table, we are obliged to keep the meat longer in our mouths, it is consequently more penetrated with saliva, and digests better. The blood and spirits are in better order; the nutritive juices become sweeter, the circulation of the liquids is more completely executed, the heart, the seat of joy, is dilated, and all the functions of the body conspire with a sort of emulation to promote health. Besides these advantages it always diverts chagrin and melancholy, to dine with a number of people. The bare sight of seeing many eating and drinking, inspires good humour; the healths* that pass round, and agreeable conversation rouse the soul and make it shake off all dismal ideas.—An union of persons either begin or is cemented, and misunderstandings are composed or arranged. In regard of the utility of entertainments, to the whole man, we must know, that such is the intimate connexion between the soul and the body, that what is useful to one must infallibly be so to the other.

As the exercise produced by eating in company is of no inconsiderable use, it may be necessary to make a few remarks on that head. Besides the electric motion which the frame receives from the action of the teeth, there is the exercise of the hands in carving, and the attendant motion of the body in helping, and when to these is added, the lively gestures during dinner, and the no less sprightly ones after it, there can be no excuse for prohibiting this indulgence to most patients.

* Perhaps, in the higher circles, where the drinking of healths during dinner is now generally dispensed with, a knowledge of its salutary effects, may be the means of restoring, once more, that favourite, social, and soul inspiring custom of their illustrious ancestors.

Digitized by Google

But it may be said there is one material objection which should be removed, namely, that these entertainments are frequently productive of much disorder, and should never be indulged in; particularly on such occasions, and by such description of persons as generally resort to watering places. But to this the best reply is, that abuses will insinuate themselves every where, so that if all that is perverted should be prohibited, even eating and drinking, and other useful and innocent acts would incur the charge of criminality: but even allowing evils sometimes to arise, they are for the most part countervailed by the good arising from them. At the same time it is to be observed, that patients must avoid night air, and other occasions of cold, by returning to their lodgings in due time. They are to sup early, and light, or not at all, that the stomach may be empty at the time of drinking in the morning: in order to which they are to rise early and walk or ride, about one hour before drinking the Waters, without heating the body; for moderate exercise disposes it to pass the better.

As to the time of continuing the use of most of these Waters, it is ordinarily extended from thirty to forty, or sixty days: but a much longer time is necessary, even a whole year or more in obstinate and inveterate diseases, and which can only be determined by the Medical Attendant.

Digitized by Google

SECTION XII.

ON THE USES AND EFFECTS OF THE Cheltenham Waters.

" Society here entwines its wreaths;
Good nature o'er each meeting breaths;
Its magic look the whole obey,
Whether at pump, or ball, or play:
And deep in Chelt'nham's hallow'd bow'rs
The grave might spend their serious hours;
The gay no languor can invade;
The poet here may court the shade;
The beau on smiling beauty stare;
And pale misfortune dry its tear.

" Chelt. Guide."

This is one of the most noted Saline Springs in England.

It is said to have been discovered by its being casually evaporated by the heat of the sum, when a white salt was left behind, which the pigeons flocked to eat.

The following analysis, made by Dr. Fothergill in the year 1780, appears to be nearly the state of the water at present, with this exception, that by recent experiments there is a difference in the residue of a few grains, which, however, does not in the slightest manner effect its peculiar virtues, which are of the most decidedly efficacious character.

Digitized by Google

ANALYSIS.

A GALLON ON EVAPORATION CONTAINS

		Grs.
Sulphate of Soda and Magnesia,	...	480
Oxyd of Iron,	...	5
Muriate of Soda,	...	5
Sulphate of Lime,	...	40
Carbonate and Muriate of Magnesia,		25
Solid contents,	...	550

	Cubic Inches.	
Carbonic acid, ...	30	36
Azotic and Hepatic gases,	15	18
Caseous fluids,	45	54

Its medical virtues depend entirely upon the three first articles of the analysis, aided by the diluting principle of the Water. The iron strengthens the stomach, while the neutral salt operates on the alimentary canal in an expeditious manner, and generally without producing gripes. And it is affirmed that the Water retains its laxative properties nearly as much as it did sixty or seventy years ago, since a dose of less than two pints proves aperient to the greatest number of patients who drink it.

Besides this Water, which is called the "Old Well," there are several others, the principal one, is the "King's Well," so called from a visit paid to Cheltenham, in the year 1788, by his late Majesty, who, on leaving the place, ordered a well to be sunk for the domestic uses of Lord FAUCONBERG'S house, called "Bays-hill Lodge," where he resided during the time he drank at the Old Well; but instead of a fresh Spring, a Saline one issued from the blue clay, at the depth of 52 feet, which contained a greater portion of Salts than the Water of the

Digitized by Google

Old Well. The next is Montpelier Spa, where an elegant building, a spacious pump-room, with a viranda in front, has been erected for the use of Subscribers. Surrounding this charming spot, are the beautiful, extensive, and romantic rides and walks recently completed at a very considerable expence by a Mr. THOMSON, to whose spirited and liberal exertions, the Inhabitants of Cheltenham feel greatly indebted.

Terms of drinking at the Spa, and of walking and riding in the Pleasure Grounds:

DRINKING THE WATERS.

Six weeks, 3s. 6d. each person, or one guinea the family; exclusive of a gratuity to the pumper. Walking, 3s. 6d. each person; Riding, 7s. each horse; Driving, 10s. 6d. each carriage.

There are a few other aperient Saline Wells, but they do not differ materially from each other in the quantity of the Saline ingredients. The Glauber Salts prevails in some, and Sea Salt in others; but the operation on the bowels is nearly the same with them all. The chief difference consists in the proportion of iron or sulphurous impregnations they contain; but all of them possess more or less of the former, and some contain it in a large proportion.

There are also a number of Steel Wells at Cheltenham, but they differ very little from those of our own Country, being in general similar to the Garryhill Spa, in the County Carlow, the Killeshin, in the Queen's County, the Kilcornan Spa, in the County of Clare,

Digitized by Google

Ballyspellan Waters, in the County Kilkenny, and the celebrated Spa, of Castle-Connel, in the County Limerick.

The active parts of the aperient Saline ingredients in the Waters of Cheltenham, being separated at great distances by the Water in which they float, prevents their coming in contact with the stomach in large numbers at once, by which the nausea, sickness, &c. is prevented, which happen when the active parts of a medicine are comprised in a narrow compass. On this account it purges without wasting the appetite, nor yet does it heat or chill the drinker. It creates a keen appetite, is provocative, and has been used with much success in a variety of cases of calculus, scorbutic humours, erysepelas, tumours, inflammations in the eyes, and tormenting pains of the hips, and muscles of the loins, which proceed from hot scorbutic salts. It is particularly celebrated in bilious affections, indigestion, depraved appetites, &c. &c.

Persons going to Cheltenham, with no immediate view to the benefit of the Waters, constantly find an increase of appetite, which is said to be ascribed in a great measure to the purity and salubrity of the air, and to that exercise, and disengagement from care which new scenes, and situations generally produce. Indeed Gloucestershire is celebrated for the health and longevity of its Inhabitants—as an instance of which, in the reign of James the 1st., eight old men, all belonging to one Manor, in this County, whose ages added together, made as many centuries, performed a morrice dance!

Cheltenham, at the present era, appears to have reached its meridian of celebrity, and it is impossible for

Digitized by Google

strangers to take a more delightful excursion, either for health or pleasure, than a trip to this elysium of fashion, for there is a sociability of intercourse among the visitors, which is seldom witnessed in other places of public resort.

An Irishman here feels perfectly at home, whether it is from the numerous assemblage of his Countrymen, or the friendly, and familiar habits of the polite Inhabitants of Cheltenham; in every family, in every society, he experiences the same enthusiastic welcome, the same honest, open hearted kindness, which characterises the home of his fathers.

"Whose doors are thrown wide to the poor and the stranger,
Where smiles hospitality, hearty and free,
Whose friendships are seen in the moment of danger,
And the wand'rer is welcomed with Cushlamaree."

BATH WATER.

"Sweet are the hills that crown this fertile vale!
Ye genial springs Pierian waters, hail!

Hail woods and lawns! Yes—sweet to tread
Yon pine-clad mountains side,
And trace the gay enamell'd mead
Where Avon rolls his pride.

Sure, next to fair Castalia's streams
And Pindus' flow'ry path,
Apollo most the springs esteems,
And verdant meads of Bath."

The heat of this Water which was formerly supposed to proceed from subterranean fires, is now ascertained to be entirely owing to the presence of a stone called pyr-

Digitized by Google

rites, which consists of ferrugineous and sulphurous particles. The following experiment seems to be conclusive. Take filings of iron, and the powder of sulphur, work them into a paste with water, and put them under a cock, which drops water slowly; when the paste will ferment, so that water running from it, shall be of the same heat and virtue of those of Bath, though not so well fitted for human bodies, nor so pleasant to the taste!

A small quantity of the Bath Waters, when viewed by itself, appears clear and transparent; but when beheld in the Bath, the surface has a greenish cast, or it is rather of a sea colour. The smell is not very agreeable, especially of the Hot Bath; and when it is quite fresh it has a soft and milky taste; but when carried at a distance, it is somewhat nauseous and saltish. It is asserted that in a great drought, when the wind is about North East, the water is somewhat accidulated with volatile gas, not much unlike the grateful acid of the German Spa.—This Water, on analysis, is found to be slightly ferrugineous, with an impregnation of Sea Salt, or vitriolated magnesia, and a small portion of selenites. These Waters were for a long time considered to be sulphurous, but it is now very much doubted whether they have the least title to that name; they do not affect the colour of silver or metallic solutions, or produce any other effect of water impregnated with sulphur. They operate powerfully by urine, and promote perspiration; and if drank quickly, and in large draughts they sometimes purge; but if taken slowly, and in small quantities, they rather incline to costiveness; cause a sense of heat; and oftentimes a heaviness of the head, with a propensity to sleep —particularly on first drinking them.

Digitized by Google

These Waters are much celebrated in disorders of the stomach and bowels, in the gout, rheumatism, palsy, and a variety of other complaints. They are much used in bathing; and for pumping in paralytic, or other diseased limbs. When taken internally, as they often heat on the first using them, it is right to cool the body by taking a dose or two of some mild aperient medicine, and to live on a cooling regimen, before entering into a course of them; and for the plethoric to lose a few ounces of blood. Patients during the course must be careful to live regular, and if inclined to be too costive, to take occasionally a dose of some cooling physic.

The City of Bath is esteemed one of the most beautiful in England; it is built in the form of an amphitheatre, and delightfully situated on the "sweetly flowing Avon," so celebrated by the immortal SHAKESPEARE. To give a correct idea of the scenery in the vicinity of this City, would exceed the limits of this Treatise, even were my powers of description equal to the task of pourtraying the beauties of this charming spot—where in the language of an English Poet,

The Muses haunt each hallow'd grove,
And here their vigils keep;
Here teach fond swains their hapless love
In gentle strains to weep.

From water sprung, like flowers from dew,
What troops of bards appear!
The God of Verse and Physic too,
Inspires them twice a year.

BRISTOL WATERS.

These Waters, which are perfectly similar to the Waters of Mallow, are esteemed next to Bath, the principal

Digitized by Google

of the Hot Waters of England. Within these few years a range of buildings, called Clifton, have been completed in their vicinity, which are much admired for their singular beauty, and situation. They command a delightful, prospect of the Harbour, City, and surrounding scenery, which is truly gratifying to the eye of every visitor; but, unfortunately neither the sociability of Cheltenham, nor the fascinating politeness of Bath, appears to form a conspicuous feature in the circle of fashion that presides here.

By several experiments a gallon of this Water was found to contain—

	Grs.
Of calcareous earth, combined with vitriolic acid in the form of Selenite, ...	8½
Of calcareous earth combined with Acidulous Gas,	12¾
Of Marine Salt of Magnesia, ...	5¼
Of Sea Salt, ...	6½

It also contains a portion of Acidulous Gas, and Atmospheric Air, besides what is contained in the calcareous earth above-mentioned.

As the Bath Waters are proper where the secretions are defective, so the Bristol Water is of service where they exceed the requirements of health. The Bath Waters warm; the Bristol cool; Bath Waters assist the stomach, nerves, and intestines. The Bristol favour the lungs, kidney, and bladder.

Except a jaundice attends, the Bristol Waters are found of use in dropsies, by its drying, and diuretic qualities. It is also of use in internal hœmorrhages, menstrual affections, and diabetes; in which last it is esteemed a specific.

The hotter months are the best for using it. In general it is drank in repeated draughts of four ounces to half-a-pint, and from that to two quarts.

Digitized by Google

HARROWGATE WATER.

This Water, which is situated two miles North-West of Knaresborough, in the West Riding of Yorkshire, is a salt, purging, and sulphurous Water. It contains, on analysis, a considerable portion of sea salt, vitriolated magnesia, sulphur suspended in Hepatic gas, calcareous earth, and a small portion of iron.

This Water is found to be extremely useful in cutaneous, and scrofulous disorders; also, as authelmintics, destroying, and evacuating worms and their nidus: where the digestive powers are weak, and the intestines loaded with viscid saburra. It is employed externally in the form of washes, fomentations and baths, particularly in cutaneous diseases.

From half-a-pint to three quarts, or more, daily, may be drank with safety. In small quantities it proves diuretic —in large, strongly purgative.

BUXTON WATER.

This Water, which is found in Derbyshire, contains calcareous earth, fossil alkali, and sea salt; but of these their quantity is so small, that when a gallon of water was evaporated, the sediment was only about twenty-three grains. But it contains a considerable quantity of mephitic air, in which its stimulous, and indeed its efficacy reside, and which is quickly dissipated by exposure to the atmospheric air.

It is found to be alterative, and not evacuent.

A pint or less is directed to be taken in the forenoon, and to gradually encrease the quantity. The cooler the

Digitized by Google

weather, the hotter and more medicinal the water. It encreases the vital heat, is of considerable service in gout, rheumatism, asthma, indigestion, loss of appetite from intemperance, &c. &c. &c.

The nature of these Waters resemble in every respect the Bristol more than the Bath Waters, and they may be used with safety, both inwardly and outwardly, in those cases where the Bath Waters are hurtful.

Besides the Tepid Mineral Waters which are in so much repute here, there is also a Spring of clear Chalybeate Water, which has a rough ferrugineous taste. It resembles the Garryhill and Killeshin Waters, in the neighbourhood of Carlow, Ireland, and is used with considerable success in similar cases.

IRISH SPAS.

MALLOW WATER.

This Water, which may be esteemed the Bristol Water of Ireland, was discovered in the summer of 1724, since which time its celebrity has kept pace with the rapid improvement of the town and vicinity, and is now a formidable rival of the Buxton and Bristol Waters of England. On analysis, the difference between it and Bristol is so inconsiderable, as to leave but little doubt of the propriety of giving it a preference on the score of nationality, for since Heaven has been so bountiful as to place such a blessing within our reach, why should we risk our lives to spend our money in a neighbouring Country, when we

Digitized by Google

can not only receive the same benefit, but add to the comfort and happiness of our Countrymen by remaining at home.

KILLESHIN WATER.

This Water, which is found in the most improved part of the Queen's County, was formerly of considerable note.

The learned Dr. POWER, in his Tour through Ireland, published many interesting particulars of its virtues, strongly recommending it to the attention of his Countrymen. From some unaccountable fatality it was very much neglected for many years; but in 1814, the well was cleared out, a shed erected, and other improvements made round it, since when it is once more beginning to enjoy its ancient celebrity, and is likely shortly to become a formidable rival to many of the more favoured Chalybeate Springs of this Kingdom.

Mr. DUNNE, a respectable and ingenious Apothecary, at present attached to the new Embassy going to India, some short time ago published an analysis of this Water, which was found to contain a considerable portion of iron, carbonate of soda, and fixed air. It was at that time much resorted to, and many respectable individuals experienced the most surprising proofs of its efficacy.

This Spa, besides its medicinal virtues, is also highly favoured with many advantages; environed with agreeable landscapes, fine woods, steep hills, and romantic views, which altogether render it a sort of Paradise. Clogrennan, the magnificent seat of Colonel ROCHFORT,

Digitized by Google

(a view of which appears as a frontispiece to this work,) and the surrounding scenery claims additional celebrity as being the theatre of Mr. PORTER's interesting poem, "The Tears of Erin." In the neighbourhood are likewise many fashionable and highly improved country seats, the principal of which are Cooper-hill, the seat of WILLIAM COOPER, Esq.; Hollymount, the seat of ROBERT MOORE FISHBOURNE, Esq.; Spring-hill, that of HARMAN FITZMAURICE, Esq.; Everton, late the residence of JOCELYN THOMAS, Esq.; and quite contiguous to the Spa is Old Derrig, the beautiful retreat of the Right Rev. Doctor DOYLE, Catholic Bishop of Leighlin and Kildare.

Carlow, esteemed by travellers the Versailles of Ireland, is situated in the vicinity, where visitors to the Spa generally reside, and which renders a visit to this Water still more pleasant, by the politeness of the inhabitants, and the moderate charges for accommodation.

WEXFORD SPA.

This Water, like most of the Mineral Waters of Ireland, is not as generally resorted to as formerly; it is situated contiguous to where one of the principal gates of the Town stands, and is enclosed by a structure, not particularly remarkable for its taste or beauty. It is, however, a very powerful Chalybeate, and in almost every case for which the Castle-Connel Water is celebrated, it might be used with safety and success.

Digitized by Google

SECTION XIII.

The Kilcornan Spa.

Though this Spa had been long known to exist, and was made use of by the Country People for a variety of diseases, it was very little resorted till the summer of 1820, when, happening to reside for a season in the neighbourhood, I was induced to pay it more particular attention, from observing the yellow ochreous matter it deposited in its course from the Spring. A trial of its virtues fully answered my expectations; and on a careful examination, I was confirmed in the invaluable properties it possesses, and in the hope of its ultimate success. Having communicated the result of my experiments to the Public, and a statement of the number of patients that had obtained relief by the use of this Water in the short space of two months, the neighbouring Gentry, with a spirit of liberality highly to be estimated, immediately entered into subscriptions for the purpose of defraying the expence of improving and clearing out the Well. A Committee having been chosen the following improvements were unanimously agreed on:—

"That a pump-room be immediately erected, as also, a fancy structure of the Corinthian order, with a vivanda in front, and an attached piazza for the accommodation of visitors. In front of the building, and immediately over the well, to be engraven on a plain marble slab, the following lines descriptive of its virtues:

"Obstructum reserat, durum terit, hermida siccat:
"Debile fortificat, si tamen artibibus.

"From the Spa to the outward gate, to be formed a wide gravelled walk, and a circus for carriages to turn. Over the arch of the gangway to be written in large letters—'Entrance to the Spa'—and un-

Digitized by Google

derneath to be placed a figure of Hope, tastefully executed on black marble, with the following expressive lines of SOUTHEY:

"Despair not man of misery and pain,
"Tho' Hope's last glimmer sink in darkness dies,
"Again, her star to light thy path shall rise."

"In a niche over the well to be inscribed F. F. H., the initials of its founder."

The height on which the Spa is situated commands an extensive view of the Atlantic, and the adjacent villages; the scenery in every direction is truly delightful, forming a striking contrast between the awful and venerable ruins of former days, and the more pleasing retreats of modern improvement. The river Inah that is seen winding in various directions through the luxuriant valley beneath, on approaching Ennistymon, which is within a few minutes' walk, expands into a wide sheet of water, and rushing over a high and extensive ridge of rocks, forms a scene the most sublime and beautiful than can be imagined; from thence it descends in numerous cascades, and passing through a part of the Ennistymon demesne, it mixes with the Atlantic Ocean at Lahinch.

"Smooth to the shelving brink a copious flood
Rolls far and placid; where collected all,
In one impetuous torrent down the sweep
In thunder shoots, and shakes the country round.
At first an azure sheet it rushes broad;
Then whitening by degrees, as prone it falls
And from the loud resounding rocks below
Dashed in a cloud of foam, it sends aloft
A hoary mist, and forms a ceaseless shower.
Nor can the tortured wave here find repose:
But, raging still amid the shaggy rocks,
Now flashes o'er the scatter'd fragments, now
Aslant the hollow'd channel rapid darts;
And falling fast from gradual slope to slope,
It gains a safer bed, and steals at last,
Along the mazes of the quiet vale."

Digitized by Google

On an eminence opposite the Waterfall is the magnificent seat of ANDREW FINUCANE, Esq., only son of the late deeply regretted Judge FINUCANE, and brother-in-law to Major MACNAMARA, of Bushy-Park, so deservedly popular in this part of the Country.

Visitors have here an opportunity of indulging in the most agreeable manner, in the numerous walks so tastefully situated and arranged in this charmingly improved demesne.

"Where op'ning roses breathing sweets diffuse,
"And soft carnations show'r their balmy dews;
"Where lillies smile in virgin robes of white,
"The thin undress of superficial light,
"And vary'd tulips shew so dazzling gay,
"Blushing in bright diversities of day.
"Each painted flowret of the lake below,
"Surveys its beauties whence its beauties grow;
"Here aged trees cathedral walks compose,
"And mount the hill in venerable rows;
"Here summer's beauty midst of winter stays,
"And winter's coolness spite of summer's rays."

The Glen north of the Mansion-house, is perhaps one of the most romantic retreats in the Kingdom: every step is fairy land; the stupendous rocks that enclose the valley, with the shrubs and evergreens that skirt their sides, and the tasteful arrangement of the walks, through the intricacies of the foliage, claim the wonder and admiration of all who delight in such rare union of art and nature; all the embellishments of the one, and the originality of the other, combine to render it a perfect Arcadia in miniature; an Avoca in all the graces of the sublime and picturesque. From the Spa is also a fine view of the ancient castle of Doah, contiguous to which is Lahinsy-

Digitized by Google

House, the seat of ANDREW STACPOOLE, Esq., who possessing a splendid fortune, is content to spend it in the midst of his tenantry, feelingly alive to their individual wants, and ever anxious for the promotion of their welfare. In the discharge of his Magisterial duties, this Gentleman has obtained the approbation and esteem of all classes; forming a bright example of a good landlord, a kind neighbour, and a sincere lover of his native land.

> "A soul as full of worth as void of pride,
> "Which nothing seeks to shew, or needs to hide,
> "Which nor to guilt nor fear its caution owes,
> "And boasts a warmth that from no passion flows."

I trust this unaffected tribute of respect will be forgiven: it is an offering I would blush to make was the object a Gentleman less generally respected, or less warmly eulogized by all who have the happiness of knowing him. And really the idea of an extensive Landed Proprietor remaining in Ireland, is now become so novel, that no apology, it is presumed, need be offered for recording each amiable exception, and teaching even our children to lisp the names of these Roman Fathers of our Country.

For the satisfaction of invalids wishing to avail themselves of this Water, it may not be amiss to mention that there is an excellent Church in Ennistymon, regularly attended by the learned and respected Rev. JOSEPH JOHNSON, assisted by the Rev. THOMAS B. BRADY, whose unaffected piety, and gentlemanly manners, has much endeared him to the parishioners. The Roman Catholic Chapel is under the direction of the Very Rev. Dean O'LOUGHLIN, assisted by the Reverend P. O'FLANNAGAN.

Digitized by Google

Prayers in both places are numerously and respectably attended. And it is a matter of heartfelt gratification to remark that in no part of Ireland does religious unanimity, brotherly love, and genuine hospitality, more eminently preside than in Ennistymon.

SECTION XIV.

The Environs of the Kilcornan Spa.

The walks and drives in the environs are delightful, but the most favourite are to the Cliffs of Moher, which is about three miles distant from Ennistymon, and is generally visited by every stranger on his arrival in this part of the Country. On proceeding to the Cliffs you pass through the beautiful and romantic village of Lahinch, pleasantly situated on the Western Shore of the County Clare, within four miles of the Miltown Baths, and about a mile of the Spa: it possesses, without exception, one of the finest shores in Europe, which renders it much celebrated for the assemblage of rank, beauty, and fashion, who resort hither for the advantage of sea bathing. The strand which is about two miles in length, is extremely pleasant and safe. Once a week during the bathing season, the neighbouring gentry assemble, and have warmly contested races on the strand: the horses in general are considered but half bred, though I have seen some that would make no despicable appearance at Newmarket, or the Curragh. The crowds of the peasantry that collect on these occasions are immense, and an observer is at a loss whether to admire most, the various diversions, and

Digitized by Google

sports carried forward, or the peaceable, harmless conviviality that preside at them. About 200 houses, more remarkable for their neatness than extent, comprise the village; and the lodges fitted up for the reception of visitors are much admired for their singular beauty and regularity. There is, also, a very fine assembly-room here, where occasional balls are held during the season, and where ease, elegance, and beauty, combine to inspire spirit in the "mazy dance."

> "That on the light fantastic toe,
> Gives charms to life and joy to woe."

Close to the shore, on the western side of the village is Cliff-lodge, the seat of WILLIAM KINGSMILL, Esq. and at the entrance from Ennistymon road is Lahinch Cottage, the tasteful residence of WALTER DAVIS, Esq.

On leaving Lahinch, you cross the ferry at low water, and pass through the village of Liscannor—said to be as celebrated for turbot fishery, as Killaloe is for eels. This village was once more frequented by bathers than it is at present. The remains of an old castle, close to the shore, is a most magnificent ruin: during the winter of 1817, there was a large breach made in it by lightning which appears as if struck by the fire of artillery. From the ramparts, which are still perfect, is a fine view of the bay, and of Lahinch, on the opposite shore. This Castle was formerly the residence of a Chieftain named CANNOR —Lis, in the Irish language signifying house, meaning House of Cannor, or Liscannor, as it is now called. As you leave this village you have a fine view of Birchfield, the seat of CORNELIUS O'BRIEN, Esq.; the house, which is a modern building, commands a delightful range of scenery, and the improvements, which are in a state of forwardness, gives a diversity of landscape to this part of the

Digitized by Google

Country, extremely unique and picturesque. A short distance on, a little to the right, is "Moher-lodge," the hospitable mansion of JOHN MACNAMARA, Esq. On approaching the Cliffs, the Telegraph, which is indistinctly seen from the commencement of this drive, is the first object that presents itself, and though in its structure there is nothing to be observed capable of rendering it particularly interesting, yet from its towering situation, and the wide expanse of waters that roll in sullen pride against its base, with the idea of its former importance, there is a something that impresses the mind with that pleasing awe and veneration, such as we feel on viewing the sacred remains of antiquity, which we admire without well knowing why, and reverence without heeding.

This building, which, until within these few years was inhabited by a Naval Officer and party, is now dismantled. During the late war signals hoisted here were answered in the Isle of Arran, and from thence transmitted along the coast to the Admiral's station at Cove, in a few minutes, being a distance of nearly 250 miles. From the Telegraph, to explore the various intricacies of the Cliffs, it is necessary to be accommodated with a guide, as from the ruggedness of the way, and the numberless windings through the chasms of the rocks, it will be found both difficult and dangerous to attempt the passage without one. When I commenced this Treatise I purposed a description of these magnificent piles, which claim the wonder and admiration of every visitor: but, I must candidly confess my inability to give even the most distant idea of the sublime images they represent, or the mingled sensations which they awaken in the breast of every beholder. As you descend the Cliffs a kind of pleasing horror, (if I may be allowed so to express

Digitized by Google

it,) takes possession of the mind, while the lofty summit of the projecting pillars threatening destruction every moment to the exploring visitant, excites an interest, and awakens that lively feeling which gives a dignity to every varied scene that is presented.

"Thus down the mount, in airy vision wrapt,
We stray, regardless whither, till the sound
Of a near fall of water every sense
Wakes from the charms of thought: swift shrinking back,
We check our steps, and view the broken scene."

A shot fired in the passages has a most extraordinary effect; for nearly six minutes it is echoed, and repeated in such rapid succession, that it appears somewhat like the platoon firing of a regiment of infantry. A French horn, or bugle sound has a happier effect; the notes are played over and over, with the sweetest vibration by a number of echoes, and at length die away at a distance in the most pleasing and delightful manner.

During the summer months, the number of wild-fowl that resort here is incalculable, the sea for a distance round the Cliffs, appears alive; and from its being the residence of the feathered monarch of the sky, the eagle, a few centuries back, an observer would be led to imagine, that his winged subjects flocked to Mober, to pay their humble duty to his majesty, and proffer their lives for the enjoyment of his royal stomach.

"High, from the summit of a craggy cliff
"Hung o'er the deep, such as amazing frowns
"On utmost Kilda's shore, whose lonely race
"Resign the setting Sun to Indian worlds,
"The royal eagle draws his vig'rous young,
"Strong-pounc'd, and ardent with paternal fire.

Digitized by Google

"Now fit to raise a kingdom of their own,
"He drives them from his port, the tow'ring seat,
"For ages, of his empire; which, in peace,
"Unstain'd he holds, while many a league to sea
"He wings his course, and preys in distant isles."

On returning from the Cliffs the drive may be diversified by proceeding by the circular road, as it is called, and though it is considered a round, the beauty of the Country will be a sufficient excuse for preferring it; and sometimes it will be a necessary choice; for when the tide is full in you must take this road, unless you are an expert swimmer, and risk your life by endeavouring to cross the ferry at high tide. To the right of the ferry is Doah Castle, the residence of a Mr. MORAN, and on the left is Ferry-Park, that of M. FINUCANE, Esq.; a short distance off the road, on a rising ground, is seen Ballyvorde, the festive retreat of JOHN LYSAGHT, Esq. In the same direction is Moymore-house, the seat of MATHIAS STACPOOLE, Esq.; the Mansion-house is a handsome building, and the gardens and improvements judiciously arranged, the whole presenting a pleasing variety of landscape, extremely attractive. On approaching Ennistymon you pass Millmount, formerly the seat of the late-lamented Mr. ARCHDEACON KENNY, and at present belonging to his successor, the Rev. JOSEPH JOHNSON; the house and out offices are extremely neat, and the gardens, which are extensive, are laid out with the most exquisite taste; the chief walks are situated so as to command a charming prospect of Ennistymon house and demesne, and the *tout ensemble* calculated to call forth the most pleasing sensations of delight and admiration. On the opposite side of the road is Seaview, late the residence of WM. MORGAN, Esq.; this house, which is situated on an emi-

Digitized by Google

nence, commands a fine prospect of the Atlantic and surrounding Country.

You now enter Ennistymon from the opposite side from whence you set out. The town, which consists of one range of excellent buildings, and a few bye streets, is rapidly improving of late years. In addition to the Church and Chapel, there is also a very neat Session-house, newly built, where the votaries of Thalia occasionally afford a choice diversity of amusement during the bathing season, highly gratifying to the lovers of the Drama.

On the Lahinch road, as you pass the bridge of Ennistymon, is Janesborough, the Medical Establishment of Mr. DALY, and formerly the seat of AUGUSTINE FITZGERALD, Esq.; the situation of the house is very fine, commanding an extensive range of the most pleasing landscape imaginable. In the suburbs, in a most romantic situation, and commanding the finest prospect of the Waterfall, is Merlyn Cottage, the favourite residence of Mrs. SWYNY, daughter-in-law of Major SWYNY, of Ennis, a widow lady of polished and fascinating manners. On the brow of the cascade stands the Temple of Hospitality, lately erected by HENRY O'BRIEN, Esq.; it is a modern building, with suitable out offices, to which he has given the title of Waterville. There is also a fine building, partly of the Gothic and Corinthian orders in a state of forwardness, by Doctor MORGAN FINUCANE, which will add considerably to the improved appearance of the town. But I must not omit to mention that, previous to leaving Ennistymon, the Rev. Mr. O'LOUGHLIN, had received a grant for a scite of a new Roman Catholic Chapel, and Monastery, with a considerable pecuniary

Digitized by Google

subscription from a Protestant Gentleman, Mr. STACPOOLE, of Lahinsy-house, which if followed up on the plan first proposed, will render a visit to this part of the Country extremely interesting to the traveller.

Having thus premised a few observations on the pleasant and agreeable situation of this celebrated Spa, I will now proceed to point out the singular properties of its mineral, and purpose to do so without attempting to deride or lesson the merits of its cotemporaries. After giving a fair and correct analysis, I will leave it to the superior judgment of the Medical Gentlemen interested in the health of the inhabitants of that part of the Country, to determine on the propriety of adopting its use, fully persuaded they will be guided solely by a conscientious discharge of their duty, and by that honourable feeling so allied to the profession.

The following is a table of the analysis, as compiled after a number of experiments, from which I found a gallon on evaporation to contain as follows:—

	Grs.
Carbonate of Iron, ...	7. 75
Hydra Sulphuret of Lime, ...	5
Carbonate of Lime, ...	4
Sulphate of ditto, ...	75
Muriate of Lime and Soda.	8
Ochræ bituminous matter, ...	4. 50
Solid contents,	30

	Cubic Inches.
Carbonic Acid Gas, ...	26. 15
Atmospheric Air, ...	19
Azotic Gas, ...	10
Gaseous fluids,	55. 15

Digitized by Google

It has a strong ferruginous taste and is exceedingly clear. It becomes a pink purple with fresh infusion of galls, a red purple with logwood, and a deep green with syrrup of violets. The bed from which the spring issues is chiefly composed of what is termed water slate; this slate on being dug out and exposed to air, speedily moulders to powder, and on examination, is found to contain a large quantity of iron, earth, salts and sulphur.

With good tea this Water changes to a light crimson, and when boiled, and used with this delightful beverage, it is said to be a great improvement, nor is its medicinal properties entirely lost by the necessary heat.

THE BALLYSPELLAN WATER.

This celebrated Water is so well known, and so universally resorted to, as to require but little comment; it is situated at the foot of a high hill, within about two miles of the village of Johnstown, in the County Kilkenny. On a careful analysis I found it in most respects similar to the Kilcornan Spa, and indeed so much so, that I have no hesitation in recommending the learned Physician who may have occasion to prescribe to his patients its use, to look over the analysis of the Water alluded to, and to rely on its accuracy. The only difference I could discover is, that the Ballyspellan Water possesses a portion of phosphate of lime which the Kilcornan does not: in every other respect they appear to me to be perfectly similar.

I observed on my visit to this Water many tasteful and commodious lodges for invalids; and the number of beautiful country seats in the vicinity, must render the

Digitized by Google

drives and promenades of the visitors extremely pleasant. The only danger that patients have to encounter is, I understand, the polite and flattering hospitality of the neighbouring Gentry—but even this, I trust, the salubrity of the air, and the encreasing badness of the times will in a great measure obviate.

There is the *remains* of a large ball-room contiguous to the Spa, which, in the good old times, often echoed to the sound of merriment, and which I sincerely hope may once again be enlivened by the light foot of pleasure, were it only to cheer and succour the declining years of its widowed Landlady, who seems to have suffered as severely by the pressure of the world, as the tottering building that now offers her a cheerless asylum from the winds of winter. The neighbouring Gentry, and visitors to Ballyspellan, will, I trust, duly appreciate and understand this appeal as soon as an opportunity offers.

GARRYHILL SPA.

This powerful Mineral Spring, though of late years much neglected, was formerly as resorted to as Ballyspellan is at present. It is situated on a rising ground immediately over the town of Myshall, in the County Carlow, and commands as wild, as romantic, and picturesque a range of scenery, as ever attracted the pen of a BYRON, the pencil of a REYNOLDS, or the genius of a THOMSON. The towering mountains of Wicklow, justly esteemed the Apenines of Ireland, rise in sullen majesty on one side, while the fertile vales and lawns of the County Carlow, like the lovely meadows of Languedoc, unfold their several beauties to the feasted eye of the entranced traveller. Contiguous to the Spa is Myshall-lodge, the seat

Digitized by Google

of Major CORNWALL, adjoining which is Hollybrook, the tasteful residence of ADAM FELTUS, Esq. A footpath similar to that at Cheltenham, winds up the mountain from Myshall to the Spa, forming a delightful promenade. As you ascend the hill the number of improved Country seats that meet the eye is scarce rivalled by the finest Neapolitan landscape. In the back and foreground are seen Kilnock, Kilconner, Upton, Fennagh-lodge, Bayley's-hall, Ballykealy, Ballydarton, Brook-lodge, Janeville, Ballintrane, Ballynocken, and Lara, the whole presenting one unbroken chain of fertile lawns, hanging woods, and gently flowing rivulets.

"In such a scene the soul oft walks abroad,
* * * * *
At summer's eve, when Heaven's aerial bow,
Spans with bright arch the glittering fields below,
Why to yon mountain turns the musing eye,
Whose sun-bright summit mingles with the sky?
Why do those groves of shadowy tint appear,
As sweet as all the landscape smiling near?
'Tis distance lends enchantment to the view,
And robes the mountain in its azure hue.
Thus with delight we linger to survey
The promised joys of life's unmeasured way;
Thus from afar each dim-discovered scene,
More pleasing seems than all the past hath been!
And every form, that fancy can repair
From dark oblivion, glows divinely there."

The drive from Garryhill to Carlow is extremely delightful, and as the traveller approaches this Corinthian Capital of one of the finest Counties in Ireland, he is lost in admiration of the beautiful Villas that in every direction meet his eye. This Town, which is tastefully seated on the River Barrow, has, of late years, risen into much celebrity, both in trade and population. The inhabi-

Digitized by Google

habitants, polite and hospitable, possess more of the *bon vivant* in their composition, than perhaps is found in any other Town in the Kingdom. There is here a very fine barrack, capable of accommodating a Regiment of Cavalry. The Castle is a beautiful Gothic structure, built at the instance of King JOHN, and was, a few years ago, in as apparent good repair, as it has been as many centuries past; but, unfortunately, from the ignorance of the architect, who superintended the improvements, two of the large round towers gave way, and in a few minutes one half of this noble and magnificent structure became a heap of reckless ruins. A female friend who accompanied a few intelligent ladies, some short time since, to view this seat "of fallen grandeur," composed the following stanzas, extempore, and as they may not be uninteresting to some of the readers of the Medical Mentor, I shall, with the permission of more sombre friends to the undertaking, give them, for a first time, publicity.

AIR—"*Colleen dhas cruthen a moe.*"

I.

Those walls which in ruin now lie,
And towers fast mould'ring away,
Once proud raised their head tow'rds the sky,
With banners both gallant and gay;
And this Hall which is silent and lone,
Once echo'd with joy and delight,
And here in mild splendour oft shone,
The Nymph, and the Bard, and the Knight.

II.

And here was a struggle for fame,
Here victory beam'd on the brave,
And the last spark of liberty's flame,
Its warmth to each warrior gave,

Digitized by Google

Oh! it fired their bold hearts with the deed,
That immortal'd their names in the land,
For blest are the heroes who bleed,
When their Country the tribute demand.

III.

But past is the hour of its grandeur,
The spirit of chivalry's flown,
And the strains so endearing and tender,
To Catherlock's tow'rs are unknown;
Should a Bard of poor Erin appear,
To notice the spot passing by,
The tribute he pays is a tear,
And the music he breaths is a sigh.

In addition to the numerous improvements lately made in this Town, and vicinity, the Roman Catholic Seminary stands pre-eminent; it is equally conspicuous for the zeal, talent, and spirit of liberality manifested by the worthy President and Professors of the Institution on all occasions, whether as connected with their official duties, or as public characters, upholding a generous system of good will, and christian feeling towards their fellow Countrymen, of all religious persuasions. This College, erected by the late Right Rev. Doctor KEEFE, (of revered memory,) and originally intended for the education of Catholic youth, was opened in 1793, under the direction of the late very Rev. Dean STAUNTON.—In consequence of the disastrous state of the Foreign Establishments, occasioned by the French Revolution, it has since associated with its original object—the education of Roman Catholic Clergy.

The Seminary continues to combine both these desirable purposes, independent of any but Roman Catholic aid. No portion of its income has been converted to private emolument. Whatever remained after defraying the ne-

Digitized by Google

cessary expenditure has been, and always will be, applied to the maintenance and improvement of the Institution.

The Edifice has been lately enlarged by a building, destined solely for the reception of Lay Students. The Halls, Apartments for Study, Dormitories, &c. have been laid out on an extensive scale, arranged with a view to the accommodation of one hundred Lay Students. The younger Boys are placed in different Schools from those of more advanced years and Studies, and the Apartments appropriated to the Lay Students are entirely separate from those of the other Members of the Seminary. The College-Park, spacious, planted, and improved at considerable expense, exhibits a delightful scence for recreation and retirement.

A Society of Clergymen, Members of the House, disinterestedly devote themselves to fill its various literary departments, and to inculcate the paramount duties of religion and morality, by instruction and example. The system of education embraces whatever experience has discovered to facilitate the attainment of its great object, to enlighten the understanding, and qualify the Student to fill his situation in Society, in a manner becoming the Christian and the Gentleman.

There is also a similar Protestant Seminary, under the direction of the Rev. Mr. CALDWELL; the Students of which are extremely select, being young Gentlemen of the principal families of the County. The Diocesan School is also of the first respectability, and conducted by a Gentleman (the Rev. Mr. JAMESON,) who is universally esteemed by all classes of his fellow townsmen.

Digitized by Google

There is likewise a Seminary for the Society of Friends, conducted with much zeal and ability by Mr. MICHAEL S. CLARKE.

In the Mercantile Academies there is also much talent evinced by the respective Proprietors.

The Boarding Schools for Ladies are not inferior to any in the Empire.

Carlow has likewise to boast of a fine Convent of the Presentation Order—where upwards of three hundred female children are gratuitously educated; the advantages derived from this benevolent institution are numerous and apparent. The Edifice is a beautiful modern building; there are also extensive Schools attached to it, and a new Private Chapel, where the Gothic and Corinthian orders vie with each other in rendering it, perhaps one of the finest modern Temples of Worship in the Kingdom.

The Roman Catholic Free-School for Boys is on an extensive scale, and entirely supported by the voluntary contributions of the inhabitants; there is also a Female Asylum, founded by the late Rev. Mr. DEREFFERY, which reflects the highest credit to his memory, as well as the charitable individuals who still support so praiseworthy an Institution. The Protestant Schools for children of both sexes are equally extensive, and on a liberal system, unconnected with any sinister views, admit children of all religious tenets without distinction.

In thus venturing a brief sketch of the Country contiguous to the Spa of Garrybill, for such invalids who,

Digitized by Google

living at a distance, may be anxious to have a previous knowledge of its situation, as well as its mineral properties, before giving it a trial—it may not be amiss also to mention, that the Medical Faculty of Carlow is composed of Gentlemen eminent for splendid talents, and a faithful knowledge of their profession, a circumstance that must be highly appreciated by patients visiting this part of the Country. Visitors who may take an occasional drive to Carlow, can return by a different route, by going through Kellystown, Ratoe, and Ballon, which will afford them an opportunity of seeing some beautiful and highly improved Country seats.

THE ANALYSIS.

A gallon on evaporation contains thirty-four grains of sediment, which, when examined by the several tests, I found to be as follows :—

	Grs.
Carbonate of Iron, ...	8
Phosphate of Lime, ...	4. 75
Hydra Sulphuret of ditto, ...	5
Sulphate of ditto, ...	- 75
Muriate of Lime and Soda, ...	9. 50
Ochroe bituminous matter, ...	6
	34

The gaseous fluids are chiefly carbonic acid gas, and azotic gas, and may be stated at about 48. 15 cubic inches.

In order to give a more particular account of the virtues of this Water, I shall previously describe its most sensible effects and operations.

Digitized by Google

It is diuretic in a great degree, and if drank in large quantities, it will also prove cathartic.

It is cooling, quenching thirst much more than common water; allays inflammations, and tempers the heat of the liver. It will exhilirate and affect the spirits with a much more benign influence, than wine or spirituous liquors. It will be found almost a specific in scurvey, and in removing obstructions and other diseases of the liver and spleen. It will be of singular service in most disorders of the primæ viæ, as in diarrhœa, dysentery, and lyentery, carrying off the morbific matter, and corroborating the intestines; it is of great utility, likewise, in removing red spots on the face, and pimply faces, proceeding from hard drinking, or other causes; also erysipelas, and scorbutic hœmorrhages.

It is suitable to both sexes, and every age; even children and old men, *with professional advice*, may use it with safety and advantage.

But there is one particular malady, if I may be allowed so to term it, which might be relieved at this Spa, and which most Physicians have overlooked, or perhaps, a fear lest they should be deemed *volatile* in indulging on a subject which is considered by the wiser part of mankind as little more than the mere phantom of a bewildered imagination, has made many a talented and thinking Physician abandon the idea. But even allowing what the wise heads say to be to be true, it nevertheless becomes the duty of Physicians to give it that serious and minute investigation, which its frequent melancholy termination so loudly calls for, and to *particularize* it in such a manner, as that, by its timely discovery, and *the neces-*

Digitized by Google

sary precautions used, those events so dreaded, and so deplored, may, in some measure, be prevented. With this intention I subjoin the following remarks, in the hope that some one more capable of doing sufficient justice to so interesting a subject, may elicit a more correct investigation.

LOVE,

Though it may not be strictly termed a disease, it is, nevertheless, productive thereof, and may be divided into four kinds, viz.

THE MELANCHOLY, AND THE MAD, THE TRUE, AND THE PRETENDED.

The first is love with sadness, the mind resting on one particular object. It is most frequent in the dull and studious, and those who are possessed of cold, phlegmatic, temperate constitutions. The second is more frequent with those who are irascible, cheerful, young, sanguinous, plethoric, and in some who have a dry tense animal fibre.

The symptoms of the *true* kind are synonymous to both, and are as follows:—

The eyelids often twinkle, the eyes are hollow, and yet appear as if full with pleasure; the pulse is not peculiar to the passion, but the same with that which attends solicitude and care: if the object of affection is thought of, particularly if the idea is sudden, the spirits are confused—the cheeks are crimsoned, the pulse changes, and its force and time are variable—added to which, the tongue seems paralized, if the name of the beloved object is about to be uttered.

Digitized by Google

Sometimes, the person not being conscious of his state, pines away, is slothful, and regardless of food; becomes timid, watchful, dejected, addicted without cause to anger, variable in temper, solicitous about trifles; one time avaricious, at other times profuse, oppression on the precordia, pale countenance, depraved appetite, a credulous imagination, anticipating evils, &c. &c. &c.

As the force of love prevails, sighs grow deeper, a tremor affects the heart and pulse, the countenance is alternately pale and red, the voice is suppressed in the fauces, the eyes grow dim, cold perspiration break out, sleep absents itself, at least until morning, a loss of appetite, a hectic fever, perhaps delirium, if not death by various means constitute the sad catastrophe.

The *pretended love* may be known by an *overacting* of any of the foregoing symptoms. The eyes will wink instead of twinkle; the pulse never varies, if the object of affection is thought of, he feels no agitation, no tremors, thrillings, nor the least confusion even at the mention of her name!!! He can pay a thousand elegant compliments which the *true* lover cannot. He tells her she is divine—the other merely thinks her so. The one rants, raves, and acts a thousand extravagancies in the presence of his beloved. The true lover is polite and timid. The pretender is always presuming; unless he has a pressing reason for being otherwise.

"The true lover wakes a tender sigh,
He cannot speak, he knows not why:
There are ten thousand tones and signs
He sees and hears, yet ne'er defines—
Involuntary sparks of thought,
Which strike from out the heart o'er wrought,
And from a strange intelligence,

Digitized by Google

Alike mysterious and intense,
Which link the burning chain that binds,
Without their will, young hearts and minds;
Conveying, as the electric wire,
He knows not how the absorbing fire—
He sees, and sighs—in silence weeps,
And still reluctant distance keeps."

In short very little observation will distinguish the real from the affected, and when this is once known, no time should be lost as "delay breeds danger," and what is frequently considered but the courtesy of fashionable gallantry, may end in the bottom of a fish pond, or some equally reckless exit.

As the mode of treatment must be varied according to circumstances, it is difficult to lay down any certain rule to go by. Sappho, Anacreon, Democritus, Xenophon, Pindar, Aristophanes, Theocritus, Aristotle, Plautus, Terence, Horace, Ovid, *cum multis aliis*, have from time to time engaged the subject, but without eliciting any conclusive method of treatment. Virgil appears to think there is no second course to be adopted, when he says,

Omnia vincit amor, et nos cedamus amori.

But then it must be remembered he was no Physician, and though poets in general are deemed good judges of the subject, it is rather to be advised, when an union is impracticable, to treat it in the following manner.

If the pulse is full and rapid, and the constitution vigorous, to use *venesection* copiously until all inflammatory symptoms disappear: and if the stomach appears loaded, and from frequent sighing, or other causes, is incapable of digestion, or performing its accustomed functions, to

Digitized by Google

prescribe a few grains of emetic tartar, to carry off all recrementitious matter, which may be said to produce an accumulation of bile, and so ennui: when these preparations are premised, a trip to Garryhill, or some equally celebrated watering place, when the season offers, will not only absorb, and corroborate the amatory vessels, but likewise by the salubrity of the air, the purity of the water, and enjoyment of the interesting society of the neighbourhood, restore the constitution to its former vigour, and render it less susceptable ever after.

Having thus ventured a few observations on a subject, as light, as it is eventful, as interesting to the bosom and business of mankind, as it is tyrannical and treacherous. I shall conclude by introducing the beautiful effusion of the celebrated "Border Minstrel," Sir WALTER SCOTT, on the same subject.

"In peace Love tunes the shepherds' reed,
In war it mounts the warrior's steed,
In halls in gay attire is seen,
In hamlets dances on the green,
Love tunes the court, the camp, the grove,
And men below and Saints above,
For Love is Heaven and Heaven is Love."

Digitized by Google

APPENDIX.

CAUTIONARY REMARKS

ON

MINERAL, ANIMAL, AND VEGETABLE POISONS.

What are called Poisons, have, in their respective instances, salutary effects; they merely injure by misapplication. At present we are used to consider those articles which have not been employed with any salutary effect, as absolute poison; but this doctrine appears to be erroneous. Again we annex the idea of Poison to those things which produce their ill effects in very small quantities, and of whose form and action we are little, or not at all, acquainted. When any thing acts mechanically, though it destroys, we never rank it with Poisons. Things that kill unavoidably, though not mechanically; things that are of a specific nature, and produce fatal effects; those injurious things whose effects are relieved by specifics; and those for which we have no cure, are called Poisons. In short it is difficult to give a just definition of the word Poison—perhaps impossible. Surely that alone could be properly called Poison, or considered absolutely poisonous, which at all times, in any quantity, and on all occasions of applying it, would, without exception, be destructive.

The action of all Poisons are either mechanical or chemical.

The Animal Poisons act chiefly on the living principle; they are natural or morbid. The natural are found in particular animals for some use or benefit to the indi-

Digitized by Google

vidual in which it is found: the natural Poisons do not like morbid ones, produce more of their own kind. The Natural Poisons first affect the part to which they are applied; then either by absorption, or by sympathy, the whole habit suffers. The morbid Animal Poisons are various, and many of them appear without our being able to discover the cause of their production. The virus producing the small pox, measles, &c. is of this class; the cancer also, and hydrophobia likewise, all which arise spontaneously. Morbid Poisons are produced from a similar disease before affecting, as the small pox, &c., or they arise spontaneously, from some morbid actions of the parts endowed with life, as the cancer, &c. And these, when produced, have the power of encreasing and forming fresh matter of the same kind, and propagating their own species.

Vegetable Poisons found in Great Britain and Ireland are divided into the following classes. 1st. Those from which the maniacal symptoms are to be expected, or the various nervous affections. In this class are included the soporiferous plants, viz.:—Black Henbane, Deadly Night-shade, Woolfs-bane, Dogs Mercury, Thorn Apple, Spotted Hemlock, Redish Mushrooms, and Pepper Mushroom. On eating any of these Poisons the following symptoms are produced; a qualmishness first affects the patient, which encreases to a considerable degree of sickness, swelling of the stomach or belly, restlessness, giddiness, a palpitation of the heart, heartburn, cholic, hiccough, diarrhæa, accompanied with tenesmus, flushing heat in the skin, with more or less of redness there, a swelling in the face, and sometimes a sensation all over the body, which resembles what is felt from a general swelling: the patient stares in an unusual manner, all ob-

Digitized by Google

jects appear different from what they did before, a difficulty of breathing comes on, and the mind is strangely confused; delirium, trembling, watching, fainting, cold perspirations, apoplexies, and convulsions, have been the consequences following an incautious use of these Poisons.

In relief of persons under these circumstances, Physicians generally give from ten to twenty grains of white vitriol dissolved in a draught of warm water, it being the speediest emetic; the same may be repeated every quarter of an hour till the stomach is well emptied, after which large draughts of vinegar and water, sweetened, is perhaps the best antidote in these cases. These Poisons are not of the acid kinds, consequently oily medicines are useless. If any paralytic symptom appears, apply sinapisms or blisters.

The second class of Vegetable Poisons are those which produce epileptic symptoms: a loss of understanding, speech, and all the senses, will take place in a few minutes after these Poisons enter the stomach: the muscles will be convulsed, and death closes the scene in a few hours. Of this class the following are found in these Kingdoms:—

No. 1. Hemlock Dropworth. I have seen large quantities of this root in the vicinity of Ennistymon, County Clare, where it is known by the name of Tahow; it bears some resemblance to the carrot, and is used successfully in cases of whitlow, applied as a cataplasm to the part.—In parts of England it is called Dead Tongue, and applied in poultices to some diseases of horses.

Digitized by Google

This is one of the most virulent of all our Vegetable Poisons.

No. 2. Water Hemlock. This Poison is frequently fatal to cows during the spring; but, as the summer advances, and its smell becomes stronger, they carefully avoid it.

No. 3. Laurel Cherry, or Bay Cherry. The action of this Poison is said to be too speedy to hope for relief by any means; it causing instant death the moment it comes in contact with the stomach in consequence of the large quantity of Prussic acid it contains.

The general effects of the two first of these Poisons are convulsions, locked jaws, giddiness, sometimes furious madness, loss of hair and nails, violent heat in the throat and stomach, vertigo, sickness, purging: one or more of these symptoms soon attack after swallowing any part of these plants, and unless instant evacuations, as before directed, be produced, the consequences are speedily fatal; probably before professional assistance can be obtained. Under these circumstances it behoves all families residing at a distance from medical attendance, to have a portion of emetic and cathartic medicines always by them.

Poisonous Vegetables appear to act by an oppression upon the nervous system, rather than by an inflammation of the stomach and duodemum, which from the beginning produce those other intervening symptoms that usually end in death. In most instances of the Vegetable Poisons an emetic should begin the cure, as their first powerful action is generally on the stomach. When these Poisons are evacuated, the danger is over, which is not the case

Digitized by Google

with the Minerals; they should therefore be discharged with the utmost speed: and vinegar be given in large quantities.

MINERAL POISONS

Are acid or corrosive, as Arsenic, Cobalt, and Muriated Quicksilver; or they are sedative as the preparations of lead, cerussa aceata, &c. These Poisons act mechanically, chemically, and on the principle of life.—The Mineral Poisons, though carried off by vomiting, yet usually ill effects follow notwithstanding that discharge.

In order to relief, when Mineral Poisons are taken, if a vomiting does not follow, attempt the expulsion by a quick emetic; assisted by copious draughts of warm water, and milk or oil; then endeavour to decompose the metal by means of the fixt alkaline salt, diluted in large quantities of warm water: a table spoonful of common potash dissolved in as much warm water as will nearly conceal the taste, and drank as largely as the stomach can bear, will answer on most occasions: thus when Arsenic, Corrosive Sublimate, Sugar of Lead, or Acid of Sugar, be taken, the same method may be pursued. In the case of Corrosive Sublimate, a portion of Flowers of Sulphur, mixed with the above solution, may be found of singular service by decomposing the Mineral.

ANIMAL POISONS

Act variously according to the distinct species; but as Hydrophobia is the principal, and most to be dreaded of any of these Poisons, I shall briefly treat of its chief attendant symptoms, and manner of treatment.

The Hydrophobia is a nervous disorder, though followed by inflammatory symptoms.

Digitized by Google

The general divisions of this disorder is with the dumb, and the raving madness; but instances are related in which it hath appeared periodically. The principal and original seat seems to be about the stomach, and parts contiguous to it. The smallest quantity of the saliva of a mad dog, and that either fresh or dry, produces this disease. The infection may lye dormant for many months, but in general it appears in three or four weeks, and if in six weeks, no sign of disorder manifested itself the patient is usually concluded to be safe. It is observed that the nearer the place bitten is to the salivary glands, the sooner the symptoms appear. In order to communicate the infection, a wound seems to be no more necessary than it is in the small pox; to man it is communicated by the saliva only; but dogs have received it by being in the kennel where mad dogs have been before.

The signs of madness in a dog are generally as follows: he becomes dull, solitary, and endeavours to hide himself; he seldom barks, but makes a kind of murmuring noise, at the same time he refuses all kinds of meat or drink; he is enraged at and flies upon strangers, but in this stage he remembers and respects his master; his ears and head hang down; he walks nodding as overpowered with sleep: this is the first stage, and a bite now, though dangerous, is not so fatal as afterwards. After these symptoms the dog begins to pant; he breathes quick and heavy; hangs out his tongue to emit a great deal of froth: the mouth he keeps perpetually open: sometimes he walks slowly, as if half a sleep, and then suddenly runs, but not always directly forward as some pretend, at length he forgets his master; his eyes look dispirited, dull, full of tears, and red; his tongue is of a lead colour; he is suddenly extenuated; he grows faint

Digitized by Google

and weak, oft falls down, then rises up again, and attempts to fly at every thing, and now grows mad and furious: this second stage seldom continues thirty-four hours, death by that time putting an end to his disease, and a bite received now is incurable. To these symptoms the following may be added, which are considered *certain* signs of the dog being mad. First, all other dogs, upon smelling the dog that is going mad, will avoid him, and run away with horror. 2d. The tone of the dog's voice when he barks, seems hollow and hoarse.

When the human species are the subjects of this disorder, though in particular instances, some variation may be observed the symptoms are in general, a slight pain in the wound, sometimes attended with itching, but always resembling a rheumatic pain; it extends almost into the neighbouring parts, and at length, from the extremeties it passes into the viscera; the cicatrix begins to swell, inflame, and at length discharges an ichor; this pain is considered as the primary invariable mark of Hydrophobia. As the symptoms encrease the patient feels momentary horrors; watchfulness becomes continual, the mind is more and more disturbed, a delirium approaches, and an aversion to fluids and polished bodies. At first a construction of the gullet is perceived, and difficulty of swallowing, but as yet liquids are freely taken; afterwards, however, they are refused; this symptom augments so visibly, that when any liquid comes before their sight, immediate horror seizes them, and if they strive to drink, spasms are produced, on which anxiety and loss of senses follow. However we have an exception in the melancholy case of his Grace the Duke of RICHMOND, who retained his reasoning faculties to the last, evincing the manly firmness of a soldier, and the calm resignation of

Digitized by Google

a christian. As soon as the surface of the liquid is touched, a strangulation of the throat is felt, the stomach is inflated, the larynx outwardly is swelled, and that quite suddenly, and as suddenly falls; though liquids are obstructed, solids are nevertheless swallowed with tolerable ease. In some an exquisite sensibility is induced, so that the air offends if it touch the skin, the light becomes painful, and the least sound is intolerable. The patient now murmurs, at times he loses all knowledge of his intimate acquaintance, and becomes desirous of biting, the fever and thirst encreases, the tongue hangs out, the mouth foams, the pulse is throbbing, and convulsive, strength fails, cold perspirations come on, the tightness in the breast is increased, by which the patient soon expires in spasms.

Agreeably to the nature of the immediate cause, the cure is effected only by such means as destroy nervous, or spasmodic irritation, or that by a specific property destroys the peculiar acrimony which causes the disorder.

There are a variety of medicaments in use, but in general they are found to have little success in cases of *real* Hydrophobia. The actual cautery applied to the part as soon after the bite as possible; or by making a dilation of the wound, if small, and filling it with gunpowder, then setting fire to it; this would produce a laceration of the part, would secure a free and continued discharge for some time, and it is imagined that the action of the ignited gunpowder upon the poison may have its use.

Digitized by Google

Observations on Drowning.

The numerous melancholy accidents that are so frequently hear of by drowning, not only loudly calls for a general inquiry into the best mode of treating persons under suspended animation, but also, that every means should be resorted to, for the purpose of making such enquiries and results known to the public. It is a fact much to be regretted, that many valuable lives have been lost through ignorance, *and before professional advice could be had*, particularly in remote and thinly inhabited parts of the Country, where Medical Gentlemen cannot be found to consult with in time : it is also to be deplored that from the manner in which drowned people are generally treated in the first instance, the efforts of the Faculty, and other enlightened individuals are rendered ineffectual. Instances have occurred of persons lying under water for *six* hours, and afterwards, been restored to life; two hours have been employed in the recovery of persons who have lain long under water, before any advantage was observed from endeavours, and at length success hath followed.

Very little water is ever swallowed by drowned persons; they do not attempt to breathe until they are insensible, and then a little water is sucked in, and a small portion of it passes into the lungs. On the body being taken out of the water it should not be rolled on the ground, or over a barrel, *nor lifted up by the heels*, or be any way roughly handed, or violently shook; but be removed to a convenient place, lying as on a bed, with the head a little raised, in as natural a position as possible.—The body well wiped with a cloth, should be placed in a

Digitized by Google

warm bed; but not too near a large fire. Bottles of warm water should be laid to the soles of the feet, joints of the knees, and under the arm pits. A warming pan, moderately heated, or hot bricks wrapped in flannel, should be rubbed over the body, particularly along the back.—The natural warmth of a healthy person, especially a child lying close to the body, hath been found very efficacious. The room should be kept open and airy, with few persons in it. The shirt of an attendant, or skin of a sheep fresh killed, might be applied with advantage.—Various stimulating means should be immediately applied; such as blowing with force into the lungs, by applying the mouth to that of the patient, closing at the same time the nostrills; throwing the smoke of tobacco up into the bowels, by means of a fumigator; a pair of bellows can be used until the other can be procured; rubbing the belly, chest, back, and arms, with a coarse cloth, or dry salt, so as not to rub off the skin, or with flannel dipped in brandy, rum, whiskey, or gin, applying spirit of hartshorn, volatile salts or the like to the nostrils, and rubbing them on the temples frequently; tickling the throat with a feather to excite a propensity to vomit; and giving snuff to provoke sneezing. The body should be gently occasionally varied in its position.

If there be any signs of returning life, such as sighing, gasping, beating of the heart, return of natural warmth or colour, a spoonful of water may be administered to try if the power of swallowing be returned; if it be, a spoonful or two of warm wine, or punch, may be given to advantage, *but not before.*

Early bleeding *has been found pernicious, and even fatal;* it is not always applicable, though it sometimes may be

Digitized by Google

employed by a person of skill, to remove, or prevent symptoms of inflammation.

The above methods of restoring life are applicable to various other calls of apparent death, whether from hanging, apoplectic, and convulsions, fits, cold, suffocation by damps or noxious vapours, proceeding from coal mines, confined air of wells, caves, vaults, or from the must of fermenting liquors.

Digitized by Google

LIST

OF

SUBSCRIBERS.

HIS EXCELLENCY THE MOST NOBLE MARQUESS WELLESLEY, LORD LIEUTENANT, GENERAL AND GENERAL GOVERNOR OF IRELAND, Twelve Copies.

A.

The Right Hon. Earl Annesly, London. Two Copies.
Right Rev. Dr. Archdeacon, R. C. B. Hermitage, County Galway.
John Alexander, Esq. Milford, County Carlow.
Charles Allan, Esq. Limerick.
Robert Armstrong, Esq. ditto.
John Allan, Esq. ditto.
Charles W. Akenside, Esq. Dublin.
William Arbuthnot, Esq. London.

B.

Right Hon. Earl Bandon, Bernard Castle, County Cork.
Colonel Bruen, M. P. Oak-Park, Carlow. Four Copies.
Sir Ulysses Bagenal Burgh, M. P. Carlow. Four Copies.
John Bruen, Esq. Oak-Park, Carlow.
Francis Bruen, Esq. ditto.
William Browne, Esq. Browne's-hill, Carlow.
Bindon Blood, Esq. Rockforest, County Clare.
Thomas Browne, Esq. Newgrove, ditto.
Henry Butler, Esq. Castlecrine, ditto.
Rev. Frederick Blood, Rector, Roxton, ditto.
Arundel Caulfield Best, Esq. Carlow.
Percival Bank, Esq. M. D., Rosebank, Ennis, County Clare.
Marcus Bolton, Esq, M. D., Ennis, ditto.
Captain Thomas Barnwall, Ennis, ditto.
Captain Charles Barnwall, 9th Foot.
John Bennett, Esq. Viewmount, Carlow.
James Byrn, Esq. Solicitor, Carlow.
John Barry, Esq. Limerick
Mr. John Brophy, Carlow.
Mr. Michael Byrn, Castletown, County Carlow.
Mr. John Bacon, Carlow.
Edmond Byrn, Esq. Moneyclody, County Wicklow.
John Bayley, Esq. Limerick.
Mr. John Barrett, Carlow.
Jonathan Bagnal, jun, Esq. Trinity College, Dublin.
Mr. Richard Broderick, Carlow.
Henry Burton, Esq. Clifden, County Clare.
William Butler, Esq. Bunnahow, ditto.
Mr. Andrew Byrn, Carlow.
Rev. Thomas B. Brady, Raheen, County Clare.

Digitized by Google

Mr. Patrick Barrett, Moy, ditto.
Mr. Michael Brophy, Carlow.
Francis Butler, Esq. Ennis.

C.

Right Hon. Earl Clare, Mount Shannon, County Limerick.
Right Hon. Lord Viscount Cawder, Stackpoole-Court, Pembroke. Four Copies.
Right Hon. Lord Viscount Cunningham, Slane Castle, Drogheda.
John Colpoys, Esq. Ballycar, County Clare.
William Casey, Esq, Seafield, ditto.
Major Creagh, Carragerra, ditto.
Richard Creagh, Esq. Dangan, ditto.
Peter Comyn, Esq. Scotland-lodge, ditto.
Andrew Castles, Esq. Surgeon, Ennis, ditto.
Mr. Richard Cooke, Ennis, ditto.
Rev. Lawrence Campbell, P. P., Burrin, ditto.
James Comyn, Esq. Galway.
Beauchamp Colclough, Esq. Mount Sion, County Carlow.
Mr. Francis Ceffey, Liscannor, County Clare.
Mr. John Coffey. ditto.
Thomas Comyn, Esq. Holywell, ditto.
Henry Carroll, Esq. Bellemount, ditto.
Mathew Canny, Esq. Dromline, ditto.
James Cooper, Esq. Ennis, ditto.
Mr. John Comyn, Moy, ditto.
James H. Cantrell, Esq. Medical-Hall, Kilkenny.
James Clifford, Esq. Ennistymon, County Clare.
James Campion, Esq, M. D., Limerick.
Simon Clarke, Esq. Carlow.
Samuel Carter, Esq. Surgeon, Castledermot, County Kildare.
John Knight Carey, Esq. M. D., Limerick.
Mr. John Coffey, jun., Carlow.
Rev. Richard Coleman, Leighlin-bridge, County Carlow.
Mr. Richard Cranwell, Carlow.
Mr. Thomas Crawley, ditto.
Mr. Thomas Coyle, ditto.
Mr. James Cullen, ditto.
Mr. John Carroll, Limerick.
William H. Caulfield, Esq. Dublin.
Mr. Charles Carrig, Carmanine, County Clare.
Rev. Richard Cullen, Maryborough, Queen's County.
Mr. James Coffey, Carlow.
Mr. Walter Cummins, Ballybar, County Carlow.
Mr. John Carroll, Tinriland. ditto.
John Corrigan, Esq. Fairfield, County Wexford.
Captain Carter, Tullow, County Carlow.

D.

Sir John Allan D'Burgho, Bart. Castleconnel, County Limerick.
Right Reverend Doctor Doyle, R. C. B., Old Derrig, Carlow.
Giles Daxon, Esq. Ennis, County Clare.
Walter Davis, Esq. Lahinch Cottage, ditto.
Michael Daly, Esq. Barrister-at-Law, Dublin.
Francis Daly, Esq. Solicitor, Kilrush, County Clare.

Digitized by Google

Mr. Francis Daly, jun., Ennistymon, ditto.
John M. Dunnigan, Esq. Castleconnel, County Limerick.
B. Davoran, Esq. Solicitor, Ennis, County Clare.
James Doyle, Esq. Limerick.
Mr. Timothy Doolan, Ballyloo, County Carlow.
Rev. Richard Dawson, Rector, Lorum, King's County.
Rev. Cornelius Dowling, Mountrath, Queen's County.
Mr. Thomas Dillon, Fairview, County Carlow.
Mr. Dominick Dillon, Grange, ditto.
Mr. John Dowling, Graigue, Carlow.
Mr. William Davis, Carlow.
Mr. William Dunn, Graigue, Carlow.
Mr. Edward Dowling, ditto.
Mr. Henry Dyer, Carlow.
Mr. Richard Davis, Carlow.
Mr. Thomas Donohoe, Clocristick, County Carlow.
James Doyle, Esq. Surgeon, Leighlin-bridge, County Carlow.

E.

Simon M. Enright, Esq. Surgeon, Dublin.
Mr. James Edwards, Castle-lodge, County Clare.
Mr. Henry Eggars, Limerick.
John Thomas England, Esq. Dublin.

F.

Right Hon. William F. Vesey Fitzgerald, M. P., County Clare.
Sir Arthur Brook Faulkner, Knight, M. D., Cheltenham. Four Copies.
Henry Faulkner, Esq. Castletown, County Carlow. Two Copies.
Rev. Andrew Fitzgerald, President of Carlow College.
Andrew Finucane, Esq. Ennistymon-house, County Clare.
Richard Franklin, Esq. M. D., Limerick.
Michael Finucane, Esq. Ferrypark, County Clare.
James Finucane, Esq. ditto.
Edward Finucane, Esq. Surgeon, Royal Navy.
Mr. Charles F. Finn, Carlow.
John Frazier, Esq. Limerick.
Rev. William Fitzgerald, P. P., Carlow.
Gerald Fitzgerald, Esq. Ennis, County Clare.
Rev. William Fitzgerald, P. P., Knockaderry, County Limerick.
John Flannagan, Esq. Athy, County Kildare.
Mr. James Flannagan, Ennistymon, County Clare.
Mr. John Flannagan, ditto.
Mr. Edward Farrell, Carlow.
Rev. Mr. Fitzgerald, Waterford.
P. J. Foley, Esq., Lecturer on Chemistry and Natural Philosophy.

G.

Right Hon. Lord Viscount Gort, Loughcooter Castle, Co. Galway.
Right Hon. Charles Grant, M. P. late Chief Secretary for Ireland.
Richard Grogan, Esq. M. D., Limerick.
Austin Green, Esq. Green-park, Ennis, County Clare.
Rev. John Grace, Kilmeady, County Clare.
Charles S. Grace, Esq. Surgeon, Limerick.
John Gorman, Esq. Busherstown, County Carlow.
Mr. William Galbraith, Carlow.

Digitized by Google

William Gresham, Esq. Dublin.
Mr. Peter Gaynor, Limerick.
Mr. Edward B. Giltenan, Carlow.
Francis Gore, Esq. Rock-lodge, County Clare.
Edward Grogan, Gentleman, Limerick.

H.

Sir Francis Le Hunte, Edenvale, County Wexford.
Benedict Hamilton, Esq. L.L.D. Barrister-at-Law, Carlow.
Poole Hickman, Esq. Kilmore, County Clare.
Frederick Hayden, Esq. Rosaberg, Staffordshire. Four Copies.
Mr. Lionel Hayden, ditto.
Thomas Haughton, Esq. Carlow.
Dudley Hill, Esq. ditto.
Frederick Holland, Esq. Barrister-at-Law, Limerick.
Mr. Robert Hayden, Killeshin, Queen's County.
Mr. Thomas Herbert, Limerick.
Mr. William Hanrahan, Lahinch, County Clare.
Mr. Michael Herns, Carlow.
Mr. William Hudson, Kellistown, County Carlow.
Mr. Thomas Heydon, Mageany, County Kildare.
Mr. John Hanlon, Lough, County Carlow.
Rev. Thomas Healy, Touclea, County Clare.
James Hynes, Esq. M. D., Ennis.

I.

William Marcus Jackson, Esq. Limerick.
Robert Jackson, Esq. Graigue, Carlow.
——— Johnson, Esq. St. Botolphes, Pembrokeshire.
Mr. John Jones, Limerick.
Ralph James, Esq. Coolerush, County Wicklow.
Mr. Stanley Johnson, Carlow.
Mr. Robert Ivers, ditto.
Henry Jameson, Esq. Cork.
Thomas Jordan, Esq. ditto.

K.

Right Rev. Doctor Keating, R. C. B., Enniscorthy.
Rev. Archdeacon Kenny, L.L.D. Millmount, County Clare.
William Kingsmill, Esq. 10th Veteran Battalion.
Francis Kellett, Esq. Limerick.
Rev. William Kinsella, Vice President, Carlow College.
Rev. James Kinsella, Paris.
John B. Knox, Esq. Ennis, County Clare. Six Copies.
James Kilpatrick, Esq. Limerick.
Mr. Terence Kinsella, Tullow, County Carlow.
William Keating, Esq. Athy, County Kildare.
Mr. Richard King, Carlow.
Mr. James Kelly, Ballyrian, County Carlow.
Sandy Kavanagh, Esq. M. D., Portarlington, King's County.
John Kane, Esq. Carlow College.
Michael Kelly, Esq. Ballycarney, County Carlow.
Mr. John Kelly, Carlow.

L.

Right Honourable Earl of Limerick, Limerick.
George Lysaght, Esq. Ballykeale, County Clare.

Digitized by Google

Augustin Lysaght, Esq. Burrin, ditto.
John Lysaght, Esq. Dromolin, ditto.
John Lysaght, Esq. Ballyvorde, ditto.
William Leckey, Esq. M. D., Ballinacarrig, Carlow.
Alderman Francis Lloyd, Limerick.
George Lloyd, Esq. ditto.
James Lloyd, ditto.
Francis Lloyd, jun., Esq., ditto.
Mr. John Lennon, Carlow.
Mr. William Lacy, ditto.
Mr. John Long, Clonmelsh, County Carlow.
Mr. James Lawler, sen., Castleroe, County Kildare.
Mr. James Lawler, jun., Carlow.
Daniel Lysaght, Esq. Gregg, County Clare.
Mr. Michael Lyddy, Lahinch, ditto.
Mr. John Lyddy, ditto.

M.

Right Reverend Doctor Marum, R.C.B., Kilkenny.
William Nugent Macnamara, Esq. Bushy-park, County Clare.
Right Rev. Doctor M'Mahon, R.C.B., Waterpark, ditto.
Captain Mathews, Limerick.
James Molony, Esq. Kiltannon, County Clare.
Peter Morgan, Esq. Fenevara-house, ditto.
Charles Moore M'Mahon, Esq. Carlow.
Henry Macartney, Esq. ditto.
D. Fitzgerald Mahony, Esq. Limerick.
Mr. M'Nulty, ditto.
Captain Mort M'Mahon, Evergreen Cottage, County Clare.
Francis M'Mahon, Esq. Cahirmakanlla, ditto.
Rev. Doctor Malone, P.P., Tinriland-house, near Carlow.
Edmond M'Grath, Esq. M.D., Ennis.
David M'Carthy, Esq. Limerick.
Francis Morris, Esq. Six-mile-bridge, County Clare.
Terence Macnamara, Esq. Arranview, ditto.
Alexander M'Donnell, Esq. Limerick.
Henry A. M'Donnell, Esq. Athy, County Kildare. Six Copies.
John M'Namara, Esq. Moher-lodge, County Clare.
Mr. Florence M'Carthy, Ennistymon.
Mr. Philip M'Carthy, Carlow.
John R. M'Grath, Esq. Ennis.
John Madget, Esq. ditto.
Mr. Denis M'Mahon, Moy, County Clare.
Pat. M'Mahon, Esq. Ennis.
Mr. William M'Carthy, Abbeyleix, Queen's County.
William M'Darby, Esq. Carlow.
Mr. Daniel M'Grath, Nurney.
Mr. James M'Donnell, Ballycrough, County Carlow.
Rev. James M'Donnell, P.P., Weymouth, England.
Mrs. Murphy, Tallow-street, Carlow.
John Moffett, Esq. Castledermott, County Kildare.
Mr. P. Moor, London.
Mr. John M'Donnell, Excise Office, ditto.
Denis Murphy, Esq. Borris, County Carlow.

Digitized by Google

Mr. Thomas Murphy, Kellystown, ditto.
Mr. Andrew Murphy, Templepeter, ditto.
Mr. Timothy Murphy, Merchant, Gores-bridge, ditto.
Mr. Thomas Maher, ditto, Carlow.
Rev. John M'Grath, P. P., Fairy-hill, County Clare.
William Morgan, Esq. Ennistymon.
George Moore, Esq. 40th Regiment.
Arthur Murphy, Esq. Newtown, County Carlow.

N.

Charles Nuttal, Esq. Milford-haven, Pembrokeshire.
P. Nolan, Esq. M. D., Carlow.
Mr. Paul Allan Nihill, Killaloe, County Clare.
Denis Nowlan, Esq. Surgeon, Monastereven, County Kildare.
Michael Nowlan, Esq. Dublin.
Maurice Nowlan, Esq. ditto.
Rev. Edward Nolan, Carlow College.
John Nolan, Esq. Kilballyhue, County Carlow.
Mr. Michael Nolan, Carlow.
Mr. G. Nowlan, Linkardstown, County Carlow.
Mr. Timothy Nowlan, Carlow.
Mr. Edward Nowlan, Crookes, County Kildare.
Mr. Michael Nowlan, Kellystown, County Carlow.
Rev. Michael Nowlan, R. C. C, Graige, County Kilkenny.
Mr. John Nolan, Tullow, County Carlow.
Mr. Mathew Nowlan, Carlow.
Mr. Lawrence Nowlan, Kilmeany, County Carlow.

O.

Sir Edward O'Brien, Bart., M.P. Dromoland, County Clare.
George O'Callaghan, Esq. Maryfort, ditto.
John O'Brien, Esq. Barrister-at-Law, Limerick.
Cornelius O'Brien, Esq. Birchfield, County Clare.
John O'Brien, Esq. Lara, County Carlow.
Henry O'Brien, Esq. Waterville, Ennistymon.
Right Rev. Doctor O'Shaughnessy, R. C. B., County Clare.
Thomas Francis O'Shaughnessy, Esq. Kilrush, ditto.
James O'Dwyer, Esq. Ennis.
John O'Brien, Esq. Athy, County Kildare.
P. Ormsby, Esq. Staff Surgeon, Limerick.
Edward O'Grady, Esq. Shore-park, County Clare.
Charles Ormsby, Esq. Limerick.
John O'Donnell, Esq. Banker, Ennis.
George Osborne, Esq. Limerick.
Mr. Andrew O'Neill, Ballybranagh, County Carlow.
D. O'Callaghan, Esq. M. D., Limerick.
Mr. Thomas O'Mara, Carlow.
Mr. Michael O'Reily, Ennistymon.
Mr. Andrew O'Loughlin, Liscannor, County Clare.
John O'Donoughue, Esq. Trinity College, Dublin.
William O'Neill, Esq. Garryhill, County Carlow.
D'Arcy O'Brien, Esq. Ennistymon.
Mr. William O'Brien, Carlow.
Mr. Michael O'Loughlin, Ballagh, near Ennistymon.
James O'Dwyer, Esq. Ennis.

Digitized by Google

P.

Messrs. Phelps and Hill, Druggists, Capel-street, Dublin.
Nathaniel Proctor, Esq. Carlow.
E. F. Palmer, Esq. Limerick.
G. Parkinson, Esq. M. D., County Clare Staff.
John Peppard, Esq. Athy, County Kildare.
Mr. Richard Price, Proprietor of *The Morning Post*, Carlow.—Four Copies.
Mr. D. Proudford, Limerick.
Mr. Laurence Ponsonby, Carlow.
Rev. Mr. Prendergast, P.P., Dunleckney.

Q

Right Hon. Wm. Windham Quinn, Adare Abbey, Co. Limerick.
Mr. James Quinlan, Limerick.

R.

Thomas Spring Rice, Esq. M.P. Mount-trenchard, Co. Limerick.
Sir William Read, Bart., Scariff, County Clare.
Rev. Sir John Read, Bart., Moynoe Glebe, ditto.
Colonel John Staunton Rochfort, Clogrennan, Carlow.
Arthur Reed, Esq. M. D., Surgeon of the Carlow Staff, County Hospital, &c. Carlow.
Messrs. J. A. Rea, and Co., Druggists and Chemists to his Majesty and the Lord Lieutenant, Skinner-row, Dublin.
William Ryan, Esq., M.D., Kilkenny.
Mrs. Laurence Rice, Carlow.
Mr. Andrew Redmond, ditto.
Mr. Edward Reynolds, ditto.
Mr. Patrick Rice, Ballyloo, County Carlow.
Mr. John Ryan, Merchant, Carlow.
Mr. P. T. Ryan, Apothecary, Limerick.
Mr. James Reily, Carlow.

S.

Andrew Stackpoole, Esq. Lahinsy-house, County Clare.
Lieutenant-Colonel Hugh Stackpoole, 45th Regiment.
George William Stackpoole, Esq. Edenvale, County Clare.
Mathias Stackpoole, Esq. Moymore-house, ditto.
Mrs. Stackpoole, ditto.
Rev. William R. Stackpoole, Lifford, ditto.
Captain Michael Stackpoole, Royal Navy.
Thomas Studdart, Esq. Bunratty Castle, County Clare.
Thomas Studdart, Esq. Kilkishen-house, ditto.
John Singleton, Esq. Quinville, ditto.
Rev. Arthur St. George, Rector, Ballinacarrig, County Carlow.
William Singleton, Esq. Bagenalstown, ditto.
Bindon Scott, Esq. Cahiracon, County Clare.
William Small, Esq. Limerick.
Richard Scott, Esq. Solicitor, Ennis.
Mrs. Swyny, Merlyn Cottage, County Clare.
Mr. Andrew Sleaven, Ballinabrannagh, County Carlow.
Rev. Richard Swayne, Cork.
Mr. Garret Sheehy, Limerick.
Julius Stirk, Esq. 12th Regiment.
Thomas Spring, Esq. Limerick.

Digitized by Google

Mr. Alexander Stuart, Carlow.
Mr. Michael Shannon, Tonebeghee, County Clare.
Richard Savage, Esq. Ennistymon, ditto.
Messrs. Arthur Stanley, and Co. Druggists, Bride-street, Dublin.

T.

Most Noble the Marquess of Thomond, Rostellan Castle, County Cork.
Sir Matthew John Tierney, Bart., Physician in Ordinary to his Most Gracious Majesty George IV. Dover-street, London. Four Copies.
George Tuthill, Esq. Faha, County Limerick.
Rev. Frederick Eyre Trench, Rector, Kellystown, County Carlow.
Rev. Jocelyn Thomas, M. D., late Everton, Carlow.
Mr. Mathew Tracy, Tinriland, County Carlow.
Mr. Patrick Tierney, Merchant, Bagenalstown, ditto.
William Thomson, Esq. Limerick.

V.

Honourable Major Vereker, Limerick.
Right Hon. John Ormsby Vandeleur, Kilrush-house, Co. Clare.
Edward Villiers, Esq. Kilpeacon, County Limerick.
Boyle Vandeleur, Esq. Ralahine, County Clare.

W.

Thomas Henry Watson, Esq. Lumeloon, County Carlow.
Samuel Watson, Esq. Ballintrane, ditto.
Henry Watson, Esq. Limerick.
Philip Watters, Esq. Staplestown, County Carlow.
Robert Westropp, Esq. Fortanne, County Clare.
John Ward, Esq. Dublin.
Mr. Philip White, Carlow.
Mrs. Walsh, Dublin-street, ditto.
Rev. Richard Walsh, P. P., Limerick.
John Whitestone, Esq. Clondigad-house, County Clare.
James Wynne, Carlow Staff.

Y.

Robert Saunders Young, Esq. Ballakilty, County Clare.
Mrs. Young, jun., ditto.
Mrs. Young, sen., Tontine Buildings, Limerick.
David England Young, Esq. Ballyglibbin, County Clare.

Digitized by Google

SUBSCRIBERS' NAMES ARRIVED TOO LATE TO BE PLACED IN ALPHABETICAL ORDER.

Captain John Atkinson, Cresent, Dublin.
Richard Byrn, Esq. Surgeon, Carlow.
Rev. Garrett Connolly, P. P., late President of Waterford College.
William Connolly, Esq. M. D., Waterford.
J. D. Daffron, Esq. Kilrush, County Clare.
Rev. Mr. Fitzgerald, Waterford.
Timothy Gorman, Esq. Dublin.
John Hanlon, Esq. Grange, County Carlow.
Mr. John Murphy, ditto.
Thomas Morris, Esq. Mayor, Carmarthen, Wales. Two Copies.
Sir Christopher Marrett, Knight, Limerick.
William Murphy, Esq. Mayor, Waterford.
John Meighan, Esq. Kilkenny.
Mr. Patrick M'Carthy, New Acre, County Carlow.
Mort Nolan, Esq. Tullow, ditto.
Mr. James Reily, Kilkenny.

ERRATA.

Page 18, line 8—For warth read earth.
42, line 5—For Rabbits, Hares, &c. read Rabbit, Hare, &c.
67, line 24—For *Hydra* Sulphuret of Lime read Hydro, &c.
69, line 29—For entranced read delighted.
58, line 4—For sink read sunk.

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google

Digitized by Google